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Volume 42, No. 8 August 2010

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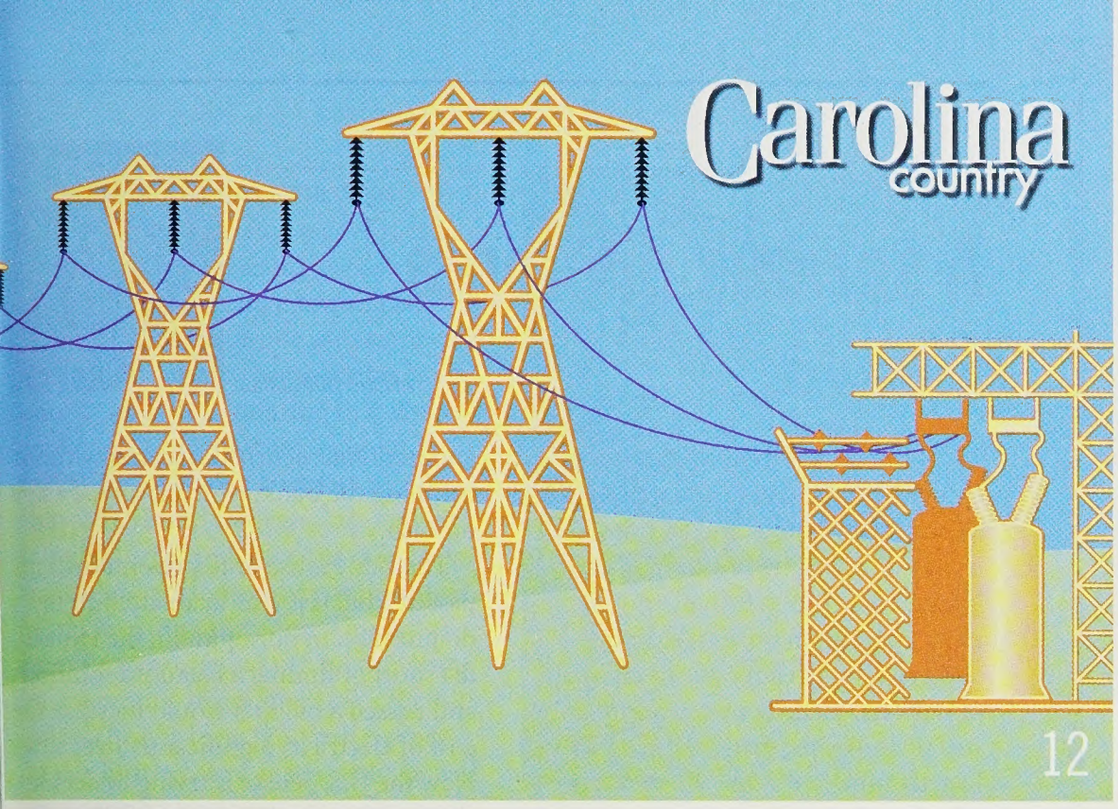

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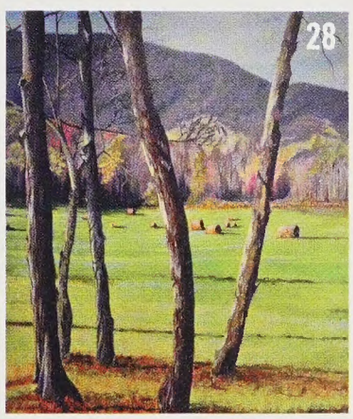
ON THE COVER
Brenda Sutton, aka "The Produce Lady," is director of Rockingham County Cooperative Extension. She prefers farmers markets. "Why should I go to the supermarket when there are people growing food all around me?" See page 17. (Photo by Daniel Kim.)



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Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $4 per year.

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A serious dilemma

By Nelle Hotchkiss

All utilities, including electric cooperatives, that generate and deliver electricity to homes and businesses in the United States, find themselves in a quandary. Most Americans agree we need to wean ourselves off our addiction to foreign oil. It is an issue of national security and economic sustainability for generations to come. Exactly how to do that, however, is where well-meaning bureaucrats and politicians begin to seriously disagree.

Currently, we find ourselves under direction from the Supreme Court that the Environmental Protection Agency (EPA) should be regulating greenhouse gases under an existing law called the Clean Air Act. EPA has begun to write regulations to do just that, which will significantly impact how we generate electricity in the United States and its cost to you at home. Additionally those increased costs will be felt by businesses and will ripple through the economy in higher prices for goods and services. EPA must use existing law to write their regulations, and this law is very narrow in scope, does not take costs into account and was never intended to address greenhouse gases.

Under the constraints of the existing law, EPA will not have the ability to look at the situation with a critical eye to balance the needs of the environment and our fragile economy. That is the role of Congress, where most members agree that they should act to reshape our country's energy policy including decreasing greenhouse gases. Many members of Congress believe they as a legislative body need to pre-empt the EPA regulation and reform energy policy. Your electric cooperative leadership agrees. We need energy legislation to create energy policy here at home, but we need the right bill that addresses environmental and national security concerns without breaking the bank, which is already low on cash.

The U.S. House of Representatives passed a bill last year in an attempt to do just that. In our opinion, the House fell short of finding a balanced solution and passed a bill that would increase the cost of electricity significantly over time. Now the U.S. Senate is trying to decide what to do. It is clear, after months of debate and many ideas, that the Senate does not have a consensus or the votes to pass a comprehensive energy bill.

Meanwhile, EPA still marches along to regulate with or without Congressional input. This is our serious dilemma.

So what do we do?

Electric cooperatives have been in Washington urging Congress to pass legislation that would pre-empt EPA from regulating greenhouse gases for electric utilities and large industry under the Clean Air Act. We believe that Congress is better suited to tackle the important balance of issues in a comprehensive and fair manner. As we have been saying from the beginning of this debate, cost does matter and Congress can address that in a manner EPA cannot.

So let's take a time out and stop EPA regulation. Let's allow Congress to pass a fair, economically feasible and comprehensive energy bill. Contact your members of Congress today, so they know what you think. Visit www.findabalancedsolution.com

Nelle Hotchkiss is senior vice president of Corporate Relations for the North Carolina Association of Electric Cooperatives.

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The power of human connections

I have long appreciated and enjoyed your monthly magazine, as has everyone in my family and community. With so many magazine publications closing up shop in the present economic times, it is amazing that your customers can still enjoy a monthly magazine with such a variety of valuable articles and information. Unlike so many "free" publications offered for clients and customers of various businesses and organizations, your magazine is a treasure that offers something for everyone—from incentives for educators (Bright Ideas) to great recipes for the homemaker. Just as your power lines connect us across the miles, your sharing our ideas and memories connects us as well.

Collette Deviney, Casar, Rutherford EMC

Carolina Country in the classroom

This will make the ninth year that I have used your magazine in my language arts classroom, and I continue to have huge success with my students. As a monthly periodical, my students become accustomed to its arrival and are now eager to "take a walk" through its pages, combing the various sections and determining what is of particular interest for our seminar discussions.

Your magazine opens the world of enormous subjects to the students, in a reader-friendly manner. The wealth of high-interest topics and the extended, enhanced vocabulary are great assets to the text. Carolina Country is an easy way to spark students' interest in reading informational text with a twist. Students even return to the classroom to exchange stories they have shared with their families about your articles.

Cynthia Parker, Duplin County Schools

Editor's note: Teachers who are interested in using Carolina Country in their North Carolina curriculum should write to editor@carolinacountry.com

Bridge to a little heaven

The story "A Passion for Covered Bridges" [May 2010] left out one bridge located just off Hwy. 105 in Foscoe between Linville and Boone. It crosses the Watauga River in the Sleepy Hollow development on private property and is not maintained by the county or state governments.

I don't know much about the bridge, but I was told it was built by a private contractor in 1927, and with periodic repairs remains somewhat the same since its original construction. It takes us six hours in the car to get to our little piece of heaven, and the bridge is a welcome sight after the long drive.

Bill Carson, Hilton Head Island, SC

Take a bite out of crime

Our neighbor's pot-bellied pig comes in the pasture and steals the horse's apples. How about that swine! Maybe, he will get the hint.

Carol Wright, Candler, Haywood EMC

The War of Federalist Aggression

I agree with Mr. Walter Adams about the so-called "Civil War" [First Person, July 2010]. It should have been called the War of Federalist Aggression. Historians have pointed out that slavery was never the issue, it was "states' rights."

On April 15, 1861, the Secretary of War notified Gov. Ellis of North Carolina that the federal government expected North Carolina to furnish two regiments of troops to make war on the seceded states. Gov. Ellis' refusal closed with these words, "I can be no party to this wicked violation of the laws of the country, and to this war upon the liberties of a free people. You can get no troops from North Carolina."

The industrial North had accumulated a tremendous debt, and when "the second national bankruptcy" occurred, the federal government wanted unused and state lands as assets to settle the debt. The South, with an agrarian economy with no such debt, wanted no part of paying for the federal government's folly.

Charles T. Giles, Crouse

The War of Southern Rebellion

The letter from Walter Adams said it pained him to read the term "Civil War" used to refer to the conflict of 1861–65. Well, "War of Southern Rebellion" will also do.

In that struggle the constitutional theory of the Southern states—that they had the right to secede—was tested and failed. The Constitution was revised (13th, 14th and 15th amendments) to guarantee U.S. citizenship as a federal matter, not a state one. Not until 1870 were all the rebel states even readmitted to the Union. Secession is out of the question in the U.S. now, so whatever may have been the attitudes of the 13 original states before then, that war altered the terms of the Union forever.

There are talk show hosts and other commentators today who argue for the right of interposition, or nullification, or even secession, when they dislike laws passed by majorities of our duly-elected federal representatives and signed by our President, but this view cannot stand up to a careful reading of history.

Don Saunders, Blowing Rock

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CAROLINA COUNTRY SCENES photo contest

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay $50 for each one that we publish in our Carolina Country Scenes gallery in the February 2011 magazine.

RULES:

Deadline: November 15, 2010.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels. Prints a minimum 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We pay $50 for each submission published. We retain reprint rights.

We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

SEND TO:

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Roger Jones honored for a lifetime of service

At its 70th anniversary annual meeting this spring, Carteret-Craven Electric Cooperative in Newport honored director R.W. "Roger" Jones with a resolution praising his 60 years of service on the board. His achievements for the cooperative as well as in the seafood industry and marine sciences also earned Mr. Jones the prestigious Order of the Long Leaf Pine, given by the Governor of North Carolina to citizens for their extraordinary service and contributions to the state and their communities.

At age 91, Mr. Jones continues to serve on the co-op board. In his 20s, he helped organize the co-op to bring electricity to those in his coastal region who would not otherwise get it. He served as board president for 20 years and vice president for 12 years before that. A resident of Broad Creek, he also serves as a director for the West Carteret Water Corp., another cooperative-owned business, and has been a leader in the business community and in his church.

Mr. Jones said of the electric co-op, "When our communities got electric appliances, radios and televisions, it was a different world. We had a real rapport with the people. Having electricity was such a benefit that when we ran into adverse situations, like having difficulty in getting service to some of the areas, they were understanding and patient."

Lisa Taylor-Galizia

Creativity in the classroom is a Bright Idea

North Carolina's electric cooperatives are offering teachers the opportunity to apply for Bright Ideas education grants of up to $2,000 for innovative classroom projects. Certified K-12 North Carolina teachers may apply for a grant by the early-bird deadline on Aug.16 to be entered into a drawing to win a $500 Visa gift card. The final deadline for most cooperatives is mid to late September.

Since the program began in 1994, the electric cooperatives have collectively given more than $7.1 million to deserving teachers and have earmarked nearly $600,000 for the 2010–2011 school year.

For more information about eligibility or for an application, visit www.ncbrightideas.com.

More broadband Internet service for rural N.C.

Two western North Carolina cooperatives recently were awarded federal Recovery Act grants and loans to build new broadband Internet access in their service areas.

French Broad Electric Membership Corporation, based in Madison County, plans to use a $621,492 loan, a $1,154,200 grant and $216,615 in private investment dollars to provide broadband Internet access to Spring Creek, Laurel, Beech Glenn and areas of Marshall and Mars Hill. The technologies used include fiber optics and broadband-over-power lines to provide service to the subscriber.

Skyline Telephone Membership Corporation, headquartered in West Jefferson, plans to use a $8,695,588 loan and a $20,289,706 grant to expand fiber-to-the-home services via a fiber optic network to households, local businesses and anchor institutions in Alleghany and Ashe counties.

The awards were among 66 new ones announced in July by the Obama administration's Agriculture and Commerce departments. In all they are expected to create more than 5,000 jobs and help spur economic development in rural communities.

Piedmont Electric earns GreenPlus certification

Piedmont Electric Membership Corporation, based in Hillsborough, has earned GreenPlus Certification from the Institute of Sustainable Development. The certification is based on the cooperative's efforts toward improving the quality of life through eco-friendly practices that sustain and support the environment.

The locally based Institute of Sustainable Development is a nationwide organization composed of business, academic and community leaders whose mission includes developing a common understanding of sustainability principles across cultures.

"We're pleased our efforts to be an environmentally and ecologically responsible organization have been recognized," says R. G. Brecheisen, CEO of the electric cooperative.

Piedmont Electric, a Touchstone Energy Cooperative, serves 32,000 consumers in parts of Alamance, Caswell, Durham, Granville, Orange and Person counties.

Try This!

Ductless heating and cooling

By Eric Cody and Brian Sloboda

Inside walls, along ceilings and under the floors of many homes lies a highway system of ductwork that delivers cool air in summer and warm air during winter. But even in the best of systems, as much as 15 to 20 percent of the hot or cold air never reaches your living space.

That's because conditioned air must first warm or cool the duct before air at the right temperature comes out. In addition, seams and joints allow conditioned air to leak into wall cavities while bends and turns hamper air flow. While sealing and insulating ductwork will help, the vast majority of the highway remains hidden behind walls and not easily accessible.

Alternative to traditional ducted systems

A proven alternative around this issue exists: ductless heat pumps (DHPs), also called "mini-split" heat pumps because they are suitable for conditioning smaller areas and consist of a separate outside compressor and one or more inside air-handling units. A complete DHP system includes these main components:

- An outside compressor unit.
- One or more indoor air handling units mounted on a wall or ceiling.
- Refrigerant line(s)—insulated copper tubing—running from a compressor to air handling unit(s), generally running along the outside of a wall.
- A handheld wireless remote or wall-mounted control unit with programmable thermostat.

Reduce monthly bills

Ductless heat pumps cost more up front but will save homeowners money compared to electric resistance heating systems, such as baseboard or radiant ceiling heat. They even offer some advantages when compared to conventional air-source heat pumps.

Range of residential applications

Ductless heat pumps may find greatest use in niche applications, including

- Retrofits: Full or partial replacement of an existing zonal electric heating system, especially in housing such as manufactured homes or vacation homes where space is unavailable to run ducts.
- Additions: New rooms or attic/garage conversions, where existing ductwork or heating system piping would otherwise have to be extended to provide heating and/or air conditioning. DHPs cool small areas more efficiently than ducted heat pump systems.
- New construction: DHPs can offer homeowners greater environmental control and lower operating costs than other heating and cooling systems. In new construction, a multi-zone DHP can be fully integrated into the architectural design and floor layout.

The costs

Ductless heat pumps are not cheap. For new homes, a DHP may cost as much as 30 percent more than a ducted system. The total installed cost of a 1.25-ton DHP system for heating and cooling a single zone typically runs about $4,000. Costs are in a state of flux and vary considerably depending on specific installation factors and competition among contractors. But consumers can expect to save between $250 and $450 per year compared to electric resistance heating.

This bedroom features a split-ductless M-Series system from Mitsubishi Electric Cooling and Heating Solutions.

In addition to the initial cost, the primary drawback associated with DHPs may be aesthetics. The indoor air handling unit must be mounted on a wall or ceiling in each room. The refrigerant line typically runs along the outside of the home and enters a room through a small hole. The line continues along the inside of the wall until it reaches the wall-mounted unit.

As with any purchase, contact a reputable contractor and talk to someone who has installed a ductless heat pump.

Eric P. Cody serves as president of Cody Energy Group, a consulting organization that helps electric utilities manage complex business and technology changes.

Brian Sloboda serves as program manager specializing in energy efficiency for the Cooperative Research Network, a service of the Arlington, Va.-based National Rural Electric Cooperative Association.

Can you help others save energy?
Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

JACOB'S LOG:

further down the road

By Jacob Brooks

Hello my friends from across beautiful North Carolina. Thanks for stopping by once again. I hope everyone had a wonderful Independence Day holiday, and I hope none of your children set fire to any hay bales.

The summer months sure have flown by it seems. Soon, school will be starting up here again in Alleghany County. My first semester at Carolina will begin towards the middle of August. I'm actually going to be heading down there on the 29th for orientation. I'll be signing up for classes and finalizing a plethora of paper work. (Who knew enrolling into college would be the stressful part?) Anyway, I'm excited about beginning a new chapter of my life. I am nervous, but who isn't nervous about going off to school?

I'll be roughly three hours away, so I'll be able to come home when I need to. Of course, I'll miss my family, friends and the big city of Sparta, but that's just a part of the journey.

In other news, I went to D.C. in June as a Red Shirt for the Rural Electric Youth Tour. A Red Shirt is a Youth Leadership Council alum who is asked to come back and assist with the Youth Tour. Every year the national spokesperson is asked to come back and deliver the speech he or she gave at the national electric co-ops annual meeting, so that is exactly what I did. I was in D.C. June 10–18. My duties included running the Youth Tour store, giving an orientation to states as their bus arrived, and basically doing whatever the powers that be instructed.

For those of you who are not familiar with the Youth Tour, I'll take a moment to explain. Every June, electric cooperatives all over the nation select rising seniors in high school (sometimes juniors) to represent them during a weeklong, all-expenses-paid trip to Washington, D.C. These students tour D.C., meet their elected officials, and learn what cooperatives are all about. There is on average 1,500 students that attend the Youth Tour every year. As you know, I attended the Youth Tour last year representing Blue Ridge Electric, and it was through my experiences and accomplishments with Youth Tour that I came to write this very log.

Here I am greeting Youth Tour delegates from Tennessee.

Anyway, I had a great time. I was fortunate enough to make some great friends and awesome memories. Being a staff assistant, I did not get to see as much of the city as I did last year, but I still received some time to play. The highlight of the trip was the final night when my fellow Red Shirts and I toured the monuments at night. It was the first time I had gone on a lighted monument tour, and if you've never done that before it's a must. By the way, catching a cab in D.C. at 2:30 a.m. is a lot harder than you would think. If you do go on a lighted tour, try going earlier in the night.

Well, as I mentioned before, I'm starting Chapel Hill this fall. Things are going to start getting busy, so it looks like my log is going to slow down just a bit. The wonderful people at Carolina Country have asked me to stick around a little while longer, so I will continue writing, but it will probably be on a quarterly basis. Thanks for letting me be a part of your lives over the past year. Look for me from time to time in here. I'll see you down the road sometime. God bless.

You can see more photos from the Youth Tour on our Facebook. Send your comments for Jacob to editor@carolinacountry.com

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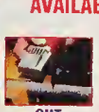
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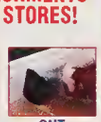
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THE GRID

WHAT IS THE TRANSMISSION GRID AND HOW DOES IT SERVE YOUR COOPERATIVE?

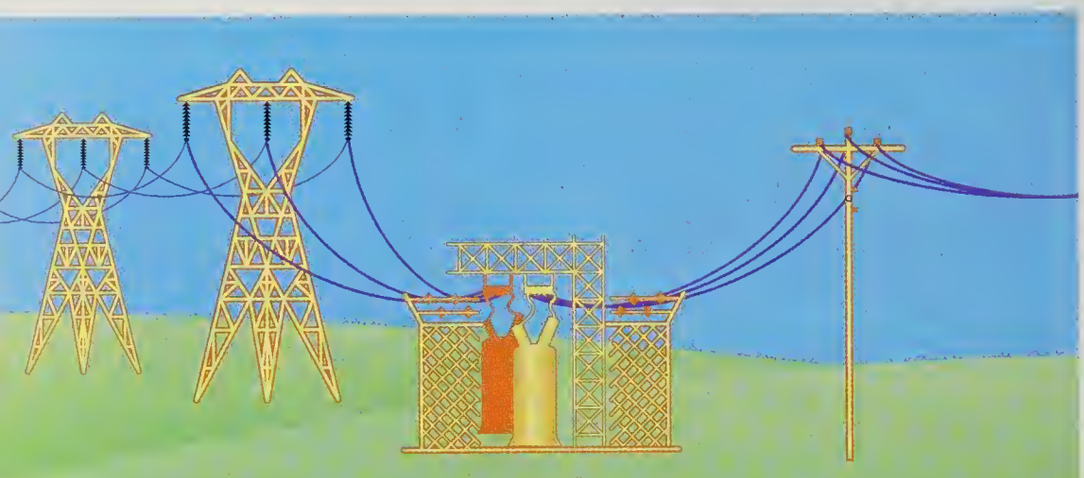
By Michael E.C. Gery

The electricity grid is the network of lines that carries electric power from its source—typically power plants—to where it's needed, such as your community and your home. To work effectively, electricity must at all times flow safely and reliably throughout the grid so the power is there when you flip on a switch.

When you cut that switch off, the electric power doesn't stop at your switch. Like water, it finds the path of least resistance and goes somewhere else through the grid to where it's needed.

Most people are familiar with the power lines and poles that run alongside roadways or the lines that run underground in a neighborhood. These lines distribute electricity to users and are called "distribution lines." Your electric cooperative is a "distribution utility," because it manages and maintains the system that supplies you with power.

The part of the grid that carries electric power from generating stations to distribution utilities is called the "transmission grid." To allow electricity to cover great distances efficiently, power from its source is transmitted at voltage much higher than what your household appliances need. (See illustration.)



The power in the high-voltage transmission lines you see crossing fields and ravines is transmitted at voltages as high as 500,000 volts (500kv). The fenced substations you see outside industrial plants or near population centers contain transformer equipment to "step-down" transmission line power to voltage that can run safely through distribution lines.

The grid's operational structure

As the need for electric power grew over the past 100 years, the industry had to expand the transmission grid and adjust how it would operate. For a time, utilities served local areas such as a city or a portion of a state. Today, many utilities have grown to serve service territories that may span several states.

Planning for growth in the transmission system has not been easy, because "you can't put a power plant on every corner, and you can't always predict where load will materialize in the future," says Bob Beadle, manager of transmission resources for North Carolina Electric Membership Corporation (NCEMC), the cooperative that supplies bulk power to most of the state's distribution co-ops. Power plants need to be near their fuel source and a source of water to operate at the lowest cost. Planners and engineers balance cost, reliability and geography when planning transmission expansion, Beadle says.

In the U.S. today, the electric grid is composed of about 186,500 miles of line, owned by some 500 companies. Rather than a single grid covering the entire nation, the system is served

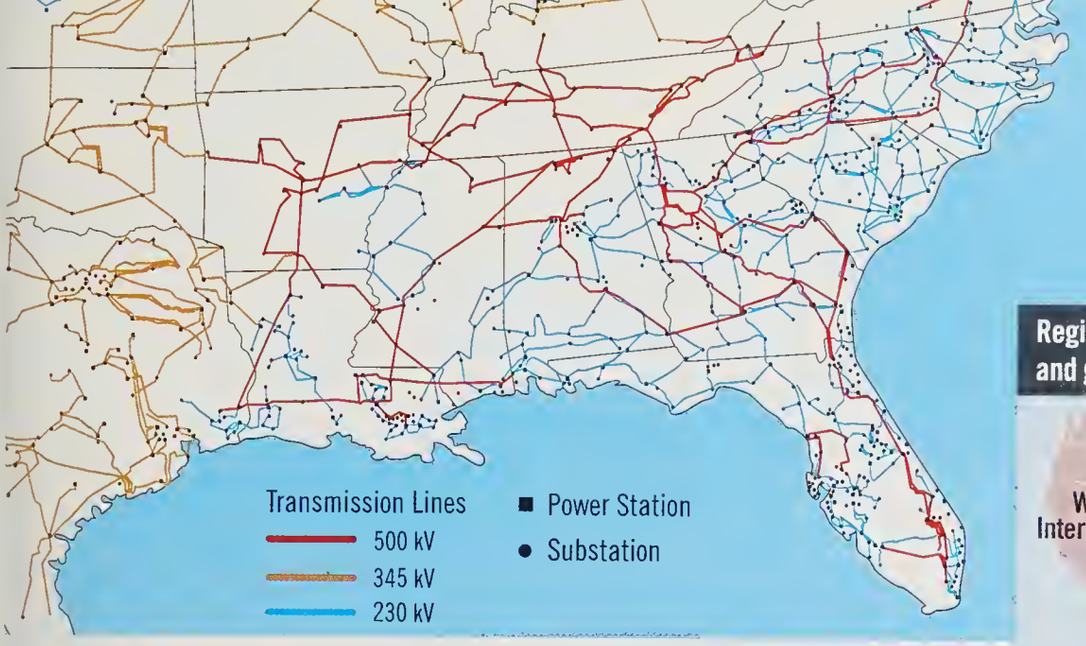
EVOLUTION OF THE GRID

1910 | 1920 | 1930 | 1940

Early 1900s. Private power companies (investor-owned) and the public power authorities (government-owned) acquire the right-of-way and build transmission poles and lines that move their power to distribution utilities.

Late 1920s. The federal government assumes jurisdiction over transmission because it had become an interstate commercial activity.

1935. Congress limits the geographic areas where utilities can operate and expands jurisdiction of the Federal Power Commission (today's Federal Energy Regulatory Commission or FERC) to regulate both the rates and transmission of electricity production across state lines.



Maps are for general information and not to scale.

Regional transmission grids and grid operators

through three regional grids, called "interconnections." A single grid serves eastern North America, for example. The Eastern Interconnection ties together utility transmission systems encompassing central Canada to the Atlantic coast to Florida to the eastern edge of the Rocky Mountains. The Western Interconnection likewise covers western Canadian provinces south through California and the Rocky Mountain region. A third grid serves systems in Texas.

Within the regional grids, about two-thirds of the transmission is controlled by seven independent authorities called Regional Transmission Organizations (RTO) or Independent System Operators (ISO). These entities are not structurally tied to the utilities, generators or other users of the transmission lines, but they work with the users of the system to manage load requirements, transmission access and pricing. They also operate a wholesale power market, which allows utilities and other merchant generators to buy and sell power on the open market. The remaining transmission is controlled primarily by transmission-owning utilities like Duke Energy and Progress Energy. These systems are interconnected with each other, allowing these utilities to buy and sell power to manage cost and reliability.

To safeguard the reliable planning and operation of the grid, the industry has established mandatory standards, which are applicable throughout North America. The North American Electric Reliability Corporation (NERC) establishes and enforces these reliability standards. The SERC Reliability Corporation monitors compliance with these standards for electricity service areas in the southeastern U.S., including North Carolina. Reliability standards became mandatory after the worst blackout in U.S. history in 2003. (See timeline.)

Ultimately, the federal government has jurisdiction over interstate transmission activity. Over the years, various acts of Congress and orders by the Federal Energy Regulatory Commission have controlled the development and operation of power transmission.

Your cooperative and the grid

Power for North Carolina's electric cooperatives comes from a variety of sources. Some co-ops negotiate contracts with power generators and wholesalers. Most band together to buy power from their statewide power supply cooperative NCEMC, based in Raleigh. NCEMC itself contracts with power generators, including Duke Energy, Progress Energy, Dominion Power, American Electric Power and others. NCEMC also will buy power on the open "spot" market when economical purchases are available. In addition, NCEMC is part owner of the Catawba Nuclear Station in South Carolina, which supplies nearly half the bulk power to NCEMC, and also owns four

960s. Utility companies form egional interconnection systems o coordinate power transmission hroughout large geographic areas. fter a November 1965 blackout aves some 30 million people in the ortheast in the dark, the industry rms nine regional "reliability" uncils to conduct planning erations, leading to the forma- on in 1968 of the National Electric eliability Council (NERC).

1977. A New York City blackout in July forces the industry to establish a series of reliability standards and procedures across the transmission grid.

1978. Congress recognizes the existence of non-utility power generators and requires utilities to give those generators access to their transmission systems.

1992. Congress deregulates the wholesale power generation system. This opens up competition among electricity producers and requires transmission owners to allow wholesale power generators access to their grid at fair and predictable prices.

smaller generating stations that supply power during peak demand and emergency periods. This multi-source system allows co-ops a degree of flexibility in determining where their power comes from.

North Carolina's electric cooperatives use the transmission systems of Duke Energy and Progress Energy, as well as the PJM Interconnection, an RTO serving an area from Indiana and Michigan to the mid-Atlantic. These transmission owners all operate control centers that are continuously engaged in monitoring supply, demand and reserves.

Because power plants sometimes take years to permit, design and construct, co-ops like NCEMC must plan well in advance for power supply and the required transmission, working with other utilities in the Southeast and the North Carolina Transmission Planning Collaborative, which produces an annual transmission plan to meet the transmission needs of the state.

The future of transmission

America's electric utility industry today universally agrees there's a need for new transmission infrastructure.

"For the last decade or so, new transmission construction has not kept pace with the development of new power supply," says Barry Lawson, manager of power delivery for the National Rural Electric Cooperative Association. "There hasn't been any significant, backbone transmission added to the grid in quite some time."

Planning and coordinating efficient bulk power transmission is one thing, building it is another. Government regulations affecting who owns and controls transmission can change. Environmental considerations about where to build transmission are always in the forefront. Acquiring the right-of-way and real estate to site transmission requires major effort. And in general people just don't want to see high-voltage transmission lines nearby.

"We've all heard of NIMBY, not in my back yard," says W. Terry Boston, CEO of the grid operator PJM Interconnection. "Now we're facing NOPE, not on planet earth."

In spite of these constraints, the electricity industry today is seeing stepped up activity toward improving the transmission grid and building new transmission infrastructure.

"The regulatory uncertainty in the middle 1990s brought on a decline big time," says Boston. "But now we have a new line across the Appalachians, another under construction, and another approved."

At the same time, federal officials are planning and implementing security systems intended to protect the grid against hackers and terrorist attacks via the Internet.

To help in future planning, transmission technology has improved. NCEMC's Bob Beadle points to several advances. New conductors used for transmission lines permit more power to move with less of the natural "loss" that occurs over long distance. The ability of new "smart grid" systems to manage distribution and usage lends to a more effective delivery. Advanced battery technology can increase how much power can be stored in reserve. "Distributed" power generation close to the point where it's used—such as fuel cells or solar electric systems on buildings, or individuals and businesses themselves producing power that can feed into the grid—is part of the coming mix of power supply. "All of this progress will help us to plan and manage transmission and distribution more efficiently," Beadle says.

Developing more renewable energy resources to generate electricity in the U.S. figures largely into the future of transmission. Wind resources, for example, are abundant in the Midwest, but the transmission grid does not yet extend to all those areas.

"If you like wind because of its low fuel cost," says PJM's Terry Boston. "If you like nuclear power because it can reliably serve your base load, if you like plug-in hybrid electric vehicles because they can get us off foreign oil, you have to love transmission. You have to build transmission."

Boston concludes, "There are consequences if we don't build. If you think the cost of electricity is high, you should see the cost of not having it."

Sources: U.S. Department of Energy's Office of Electricity Delivery and Energy Reliability, National Council on Electricity Policy, U.S. Federal Energy Regulatory Commission, National Rural Electric Cooperative Association.

EVOLUTION OF THE GRID

2000 | 2010 | 2020 | 2030

Mid-1990s. FERC requires generators and transmission owners to communicate what power is available at any given time. FERC also urges formation of independent Regional Transmission Organizations (RTO) or Independent System Operators (ISO) to not only plan adjustments to the grid but also oversee grid operations. Continued stress and regional power failures bring calls for a new independent, self-regulating reliability authority to establish and enforce mandatory standards throughout North America.

2003. The worst blackout in U.S. history on Aug. 14 leaves some 55 million people in Ontario, Canada and eight states in the Northeast and Midwest in the dark for two days. The cause: too much power demand in a transmission system that couldn't handle it, so it shut down.

2005. Congress again steps in to create incentives for private investment in transmission improvements and authorizes a transmission coordinating entity whose standards would be mandatory and enforceable. By 2007, the NERC becomes the North American Electric Reliability Corporation (still known as NERC), and today its standards are mandatory and enforceable in the U.S.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by August 6 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our September issue, will receive $25.

July winner

The July photo showed a church that does look like many others. As some of you guessed, it's not in Wadesboro, Marshville, Level Cross, Bath, Aulander, Warrenton or LaGrange. It is Jones Missionary Baptist Church on Hwy. 903, looking south, near Palmyra and the Halifax County-Martin County line. The $25 winner, chosen at random from all the correct submissions, was Robert S. Brown of Wake Forest, a member of Wake Electric who used to live in Oak City.

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Fresh Food FAST

From the field to the chef: "It's very magic for us."

By Hannah Miller

In a Farmers Fresh Market demonstration plot, Tim Will, the organization's founder, inspects early-bearing strawberries. He won a $100,000 prize for the innovative local-food initiative, then gave it to the organization.

To help solve the 21st century problem of lost jobs in furniture, textiles and tobacco, some of North Carolina's hardest-hit areas are turning to that centuries-old way of making a living, agriculture.

Only it's not your grandfather's truck-farming crops. It's haricot vert instead of green beans, purple asparagus instead of green, fingerling potatoes instead of the fat Irish kind.

And they're being sold through that most 21st century of media, the Internet.

It's specialty agriculture for a limited but lucrative market: restaurant and country-club chefs in the state's larger cities, plus some consumers willing to pay premium prices, like $15 for a 2 ½-pound chuck roast.

Chefs want the flavor and healthfulness of locally grown food, says executive chef Jean-Pierre Marechal of Charlotte's Marriott City Center. But, "as a chef, you really don't have time to go to farmers markets."

The farmer-chef connection started in Rutherford County four years ago, as Tim Will, director of economic development at the nonprofit Foothills Connect, pondered what could be done with 6,000 vacant plots of privately-owned land five to 20 acres in size. The county had lost nearly 4,000 textile, furniture and apparel jobs in 2000-2005. Will, whose nonprofit promotes the Internet's role in economic development, told laid-off landowners that if they'd grow the specialty vegetables that city chefs wanted, he would sell the results over the Internet.

"It's very magic for us," says chef Marechal. "I did an order today. The farmer receives the order tonight. It will be in my kitchen tomorrow afternoon. It cannot be fresher than that."

Marechal and 17 other chefs in Charlotte and Rutherfordton are supplied by more than 100 farmers in Cleveland, Burke, Buncombe, McDowell, Polk, Rutherford and Madison counties through www.farmersfreshmarket.com. Fresh Market forwards orders to farmers and delivers their goods to the buyers.

Spreading statewide

The whole concept is spreading across the state, through Will's contacts with other rural development centers that, like his, are outgrowths of the state's e-NC program for rural advancement. In Rockingham County, the Business & Technology Center and the Cooperative Extension Service this past spring led in the creation of a Farmers Fresh Market clone, www.piedmontlocalfood.com Through it, 32 farmers in Rockingham, Surry, Stokes, Caswell, Forsyth and Guilford counties are supplying chefs in Triad cities. In one case, an entire beef cow was snapped up by a Guilford Technical Community College teaching chef for a butchery demonstration.

In Cherokee, Clay and Graham counties, farmers have organized as Southern Appalachian Family Farms to pursue high-end markets through an Internet site and other ventures. They're in the process of setting up the website, with the first target area to be Atlanta, a 2¼-hour drive away.

Other areas discussing a possible effort include Anson County and, in the east, Martin, Bertie, Northampton, Gates, Hertford and Halifax counties.

In Rutherford and Rockingham counties, educational institutions and farm and community groups are helping to offer farmers computers and training in agriculture, business practices and computer use.

A $1.4 million Golden Leaf Foundation grant paid for 100 miles of fiber optic cable to make high-speed Internet more accessible in Rutherford County. In Rockingham and Stokes counties, a federal stimulus grant is being sought to do the same.

In 2009, 65 Farmers Fresh Market farmers made $82,000 through the Internet. If you include the money that their "new," sustainably-produced crops have brought in from sources like farmers markets, the total is more like $250,000, Will estimates.

Side benefits have been preservation of farmland and the creation of new farmers like Lindy Abrams, 25. After college and a farming apprenticeship, she returned to the Rutherford County home of her parents, Rutherford EMC members Lee and Dot Abrams. There, she took over land that her great-uncle owns and her grandfather once farmed. "They kind of thought I was crazy for starting," she says.

But last year, when she first took her herbs and vegetables to a Forest City farmers market and listed them on the Fresh Market Internet site, "If I had it, I pretty much sold out," she says.

Despite her beginner's status: "I'm moving toward the black next year."

Hannah Miller is a Carolina Country contributing writer based in Charlotte.

To Learn More

Farmers Fresh Market
146 North Main Street
Rutherfordton, NC 28139
(828) 288-1650
www.farmersfreshmarket.org

LOCAL VEGETABLES AS Treats

By Hannah Miller

"When children come back for more squash, you know you've done something right."

If anybody can give okra character, Brenda Sutton can.

On the Internet site "The Produce Lady," Sutton gives the vegetable a history (African), a global perspective (used in African and Indian cuisines), and an image makeover. There are lots of okra dishes other than the "gooey, slimy boiled" kind, promises the outgoing, enthusiastic Sutton. Like Roasted Baby Okra—"It's just like eating popcorn," she says. "It tastes so good you can't stop."

Brenda Sutton's love affair with fresh, local food shines through in the 24 videos on www.theproducelady.org. The website is part of an effort by NC MarketReady, a collaboration of N.C. State University and the N.C. Cooperative Extension Service, to help farmers sell locally. Strawberries, corn, asparagus—they all are lovingly handled as Sutton tells farmers how to advise their customers on storing and preparing them.

The idea for the 3-minute presentations grew out of NC MarketReady discussions on farmer/consumer education. As director of Rockingham County Extension Service, Sutton told her colleagues about complimenting one farmer on his beautiful eggplants. "How do you cook them?" she asked.

"I don't know," he replied. "I just grow them."

Many other farmers are in the same boat, growing a wealth of vegetables "with no idea what to do with them," she says. Their customers often don't know, either, she says. "Families have changed." The traditional flow of cooking know-how through the mother-daughter pipeline has slowed now that they're both in the workforce, she says.

Those at the brainstorming session decided that a series of instructional videos would be one way to increase farmers' knowledge and grow the farmer-customer connection. NC MarketReady, with Leah Chester-Davis as producer, would film them. Sutton would be the presenter. And NC State scientists at the North Carolina Research Campus in Kannapolis would back them with research.

The Produce Lady's advice is now reaching consumers as well as farmers. All the videos are on YouTube, and UNC-TV's "Almanac Gardener" has shown some. Other TV stations use them as filler, and, having seen them, Purdue University's Cooperative Extension Service invited Sutton to help lead an online marketing seminar.

She sticks to the quick and easy recipes that she uses in live demonstrations. "You can stand there watching me for 15 minutes and dinner's prepared," she says.

Sutton also works with Rockingham County groups that, like NC MarketReady, promote produce-growing as an alternative to lost tobacco income. Those efforts have produced the Rockingham Community Kitchen, a commercial-grade kitchen which serves as incubator for new food-oriented businesses, and the Rockingham County Food Coalition. Farmers sell their produce, meat and cheese to Triad chefs through the coalition's Web site.

Throughout the seven years that the former farm girl from Garner has been with Rockingham County Extension Service, her goal has been "helping people live healthier and appreciate all the things we have locally." Her food-preparation demonstrations at farmers markets tell her the message is getting through, she says. "When children come back for more squash, you know you've done something right."

Hannah Miller is a Carolina Country contributing writer based in Charlotte.

renda Sutton, he Produce ady, whips up a ittata at the N.C. esearch Campus rmers Market in nnapolis. Photo by stin Moore.

Roasted Okra

Preheat oven to 375. Wash and dry about 12 3-inch pods per serving. Do not cut off ends. Place on cookie sheet prepared with olive oil spray. Spray okra with olive oil, too. Bake about 15-20 minutes, or until starting to brown. The okra gets crispier the longer you cook it—be careful to not burn though! Try roasting okra on the grill as well.

To Learn More

N.C. MarketReady
N.C. Research Campus
600 Laureate Way
Kannapolis, NC 28081
(704) 250-5400
www.ncmarketready.org
www.theproducelady.org

CAROLINA CARPORTS

A Surry County success story

By Michael E.C. Gery

Adela and Javier Herrera

When Javier and Adela Herrera came to Surry County from Mexico in the 1970s, they worked on the local tobacco farms and in the textile industry ("the sock plant"). As those jobs began to disappear, they found work installing pre-fabricated metal buildings. Proud of being U.S. citizens, the Herreras worked hard and saved their money while raising a family. Eventually, Javier and Adela had an opportunity to buy into the metal building business they were working in. They ran the business from their Dobson home, with one phone line, one fax line, generating invoices by hand.

Today, they own their own manufacturing business, Carolina Carports, established in 1997 with their daughters Monica and Carolina and have established a network of more than 2,500 dealers and sales centers in 28 states. As one of North Carolina's top 100 privately-held businesses, Carolina Carports now ships more than 110 truckloads of steel buildings from the Dobson plant each week to divisions in Georgia, Mississippi, Missouri, Texas, Indiana and Pennsylvania. And the corporate office in Dobson now has more than 120 phone lines, more than 20 fax lines, and is fully computerized.

Jay Lara, manager of the steel mill production line at the Dobson plant, said, "I remember when we were working out of a single-wide mobile home. Even though we are this big now, it still feels like the place where we worked then. Javier and Adela want it that way. They are very involved in everything that goes on here."

Richard Petty, "The King," uses Carolina Carports buildings to house vehicles and other operational machinery for both personal use and for Petty Enterprises. He toured the plant in 2007 and was impressed enough to sign on as a supporter. And Carolina Carports is a supporter of Petty's Victory Junction kids camp, as well as a sponsor for Junior Johnson's son Robert Johnson's racing career, and many charitable operations.

Beginning with rounded-roof carports, the facility in Dobson now manufactures residential and commercial carports, garages, barns, RV covers, triple-wide units, 40-foot wide units, storage buildings, gazebos and trailers. The Dobson plant includes a steel galvanizing and tubing line that converts raw steel to finished, square-tube materials. It is one of only four of its kind in the U.S. In the garage door line, Carolina Carports hopes to become the only manufacturer to make doors in various colors.

Even as the business grew to these amazing proportions, the Herreras insisted on keeping the highest quality standards and holding on to their own processes. The Dobson headquarters performs everything from sales and customer service to engineering and printing. And their trucking is based here. They were outsourcing the trucking, and trucks would come back empty. So they invested in their own trucks. Now, Herrera Transportation is a full-service trucking business with seven long-haul trucks that also are brokered to other companies.

Jay Lara, manager of the steel mill production line, says Surry-Yadkin EMC, their Touchstone Energy cooperative, has been a solid partner in all their plans. "They have really accommodated us in every fashion," he said. "They run new lines from their substation when we need to get more power." And that's a lot of power, too. Carolina Carports can use as much as $25,000 in electricity per month.

"We have watched them grow through the years," said Mike Beasley, general manager of Surry-Yadkin EMC. "We really are impressed by what they have done and how they do it."

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From Ruth Leggett, Gates

From Mandy Sizemore

... A tractor goes through the drive-through at a restaurant or is parked at a drive-in movie.

... You carry fried chicken livers, squash and okra around in your pocket for a snack.

... Your tool sheds, tractor sheds and storage buildings are old pack houses or tobacco barns.

From Douglas Mozingo, Stantonsburg

... Your ma and pa told you to shut up so they could hear "Lum & Abner" on the radio.

... Your ma made cush for breakfast.

... You were afraid to go out after dark because the Kitty Mouse might get you.

... You bush-hogged your ditch banks in the winter with a swub blade.

... When you had company and they were ready to leave, ma and pa would say, "'T'ain't a while to rush off."

From Phyllis Grant, Statesville

... You heated water in a wash pot to use in a gas-powered washing machine.

... You wiped the clothesline with a damp rag so dust from the dirt road wouldn't get on your clean clothes.

... You stomped molly pops to hear the loud noise.

... You used lids from 2½-gallon oil cans as floats in the creek.

... Your mother rolled your hair with strips from a brown paper bag.

... You drew water from a well with a windlass and put the water in a bucket with a dipper that everyone drank from.

... Your family had a square sign with 25, 50, 75, and 100 on it. The number you put at the top indicated how much ice you wanted the ice man to leave.

... Your mother saved Green and Gold stamps for prizes.

From Jan Layton, Edenton

... You order Libby's potted meat by the case.

From Barbara Butts, Piney Creek

... Your bath water was a tin tub of water from the well set in the sun to warm.

... Your mom made pastries called "stickies."

... You played with a tin tea set.

... You punched holes in the sides of tin food cans, ran string through the holes, tied the cans to your feet and walked on them.

... You got one pair of shoes per year.

... You lived so far out in the country your only playmates were the pigs.

From Mary Lee Paxton, Canton

... You get two whippings in one day: one from the old setting hen and the other from your dad after sticking that mean old setting hen down the outhouse hole.

From Karen Clodfelter

... A backwoods choir is your dogs out in the backyard.

From Tammy Teal Morris Hartzog

... You can make okra a meal.

... You know that sugar does not go into making cornbread.

From Patricia Godwin, Marshville

... You pass by a water fountain in a grocery store and a sign above it says, "Please do not spit tobacco or snuff juice in the fountain."

See the whole series in the Your Stories section of our website: www.carolinacountry.com

If you know any that we haven't published, send them to:

E-mail: editor@carolinacountry.com

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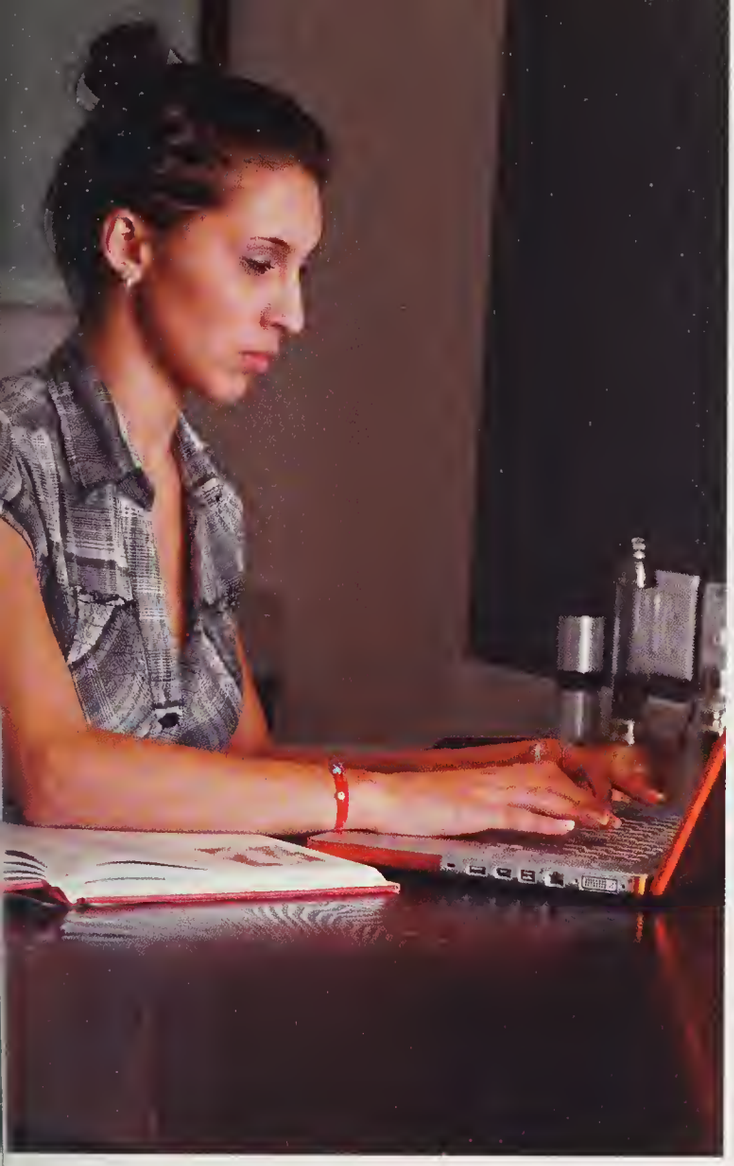

Going the Distance

Broadening your educational horizons from home

By Kris Wetherbee

Jamie Roger was attending the local college in Fort Polk, La., to become a teacher and was pregnant with a second child when her husband received orders to move to Fort Huachuca in Arizona. A year later, they moved to Fort Bragg. Then he was deployed to Afghanistan.

Through it all, she earned a bachelor's degree in general studies, with a focus on education and physiology. She discovered an online program at Northwestern State University (NSU) in Louisiana that offered her the flexibility to earn credits at other universities and then transfer them to NSU.

"I was able to 'attend' three different colleges with two children at home and a husband stationed in a war zone," Roger said.

Students of all ages are learning skills, receiving college credits and earning undergraduate degrees to doctorates and MBAs by way of radio, televised classes, CDs, DVDs, videoconferencing and the Internet.

Some accredited schools—such as Thomas Edison State College (www.tesc.edu) and Charter Oak State College (www.charteroak.edu)—even grant or transfer nontraditional credits for off-campus learning experiences.

Growing forward

According to a 2006–2007 U.S. Department of Education study, 97 percent of two-year public institutions and 89 percent of four-year public institutions offered college-level distance education courses. Distance education courses also were offered at most four-year private institutions.

As the phenomenon grows, so does its acceptance by employers. A survey by Excelsior College/Zogby International reports that 83 percent of chief executive officers and business owners regard a distance learning degree to be as valid as one earned through a traditional campus program.

Equipment essentials

A computer with a CD-ROM and an Internet connection is essential because courses revolve around online work. It helps to know how to surf the Internet, use e-mail, attach files, participate in chats and discussion boards, download information, and listen to audio and video presentations.

You also will need a printer, phone, scanner and perhaps a fax machine. Depending on the courses, a television and VHS, CD or DVD player may be required.

Before you register, check for hardware/software and equipment requirements, and ask about technical support. Most online schools have a computer help desk.

Costs and accreditation

Distance learning programs vary widely in price depending on the type of education program, transferable credits and prior learning assessments. The cost often is comparable to the cost of traditional classes, but it can be much less or even more. Remember that cheap credits can become expensive if you are unable to transfer them.

You will save on commuting time, transportation costs, parking fees and childcare expenses.

Make sure your school has the proper accreditation. A few inexpensive schools to consider include nationally accredited California Coast University (www.calcoast.edu) and regionally accredited Fort Hays State University (www.fhsu.edu), Excelsior College (www.excelsior.edu) and Thomas Edison State College (www.tesc.edu).

Universities and private institutions can be nationally accredited or regionally accredited. Regional accreditation is most common. An accredited institution should always list the accrediting agency.

To check on a program's accreditation, visit the Council for Higher Education Accreditation's website at www.chea.org or check the U.S. Department of Education's listings of national and regional accreditation at the website: www.ed.gov/admins/finaid/accred.

You can find textbooks at significantly lower prices online. Options include CompareTextbook.com. Virtual libraries such as the Internet Public Library (www.ipl.org) and Google Scholar (scholar.google.com) offer free, searchable reference material and literature.

For more information, contact the U.S. Distance Learning Association at (800) 275-5162 or visit www.usdla.org.

Healthy Kids, Healthy Schools

You can help create a disease-free environment

By Lori Russell

What do the common cold, asthma management, immunizations and poor nutrition have in common? These are just a few of the health issues schools across the country deal with every day. By working together, parents and school staff can create safe and healthy environments for children to learn and thrive.

Setting the foundation

Parents play a vital role in ensuring their children are healthy and happy at school. Sugary, processed foods in the morning can leave kids feeling hungry by the first recess. The National Association of School Nurses (NASN) recommends that preparation for learning begin with a nutritious breakfast. Healthy choices for lunch and snacks also fuel them through the day.

After spending six to seven hours at a desk, kids need to get moving. The NASN suggests parents help combat childhood obesity—which can lead to serious health problems—by heading to the park, pool or bike path with their kids. Children who see their parents enjoying active hobbies will be more inclined to be active themselves.

Lack of adequate sleep can leave students tired, cranky or unable to focus during the school day. According to the National Sleep Foundation, most sleep issues can be treated with regular nighttime routines, a comfortable and quiet bedroom, and appropriate bedtime and wake times. Televisions and computers should be removed from bedrooms and caffeine eliminated from the child's diet. If sleep issues persist, contact the child's healthcare provider.

Sneezes, coughs and fevers

According to the Centers for Disease Control and Prevention, students can prevent sharing their illness with others by covering their coughs, using good handwashing techniques and staying home when they are not feeling well.

The CDC recommends that students be cared for at home if they have a temperature of 100 F or higher, uncontrolled coughing or wheezing, vomiting, body rash or sore throat with fever.

Protecting public health

According to the CDC, immunization is one of medicine's greatest weapons against the spread of serious communicable disease. Vaccines have significantly reduced the number of people suffering from measles, rubella and other diseases.

The CDC reports that in 1962—the year before the measles vaccine was introduced in this country—there were almost 500,000 reported cases. As of 2005, there had been only 405 reported cases in the 21st century. Students are required by law to have certain immunizations before beginning school. Shots for tetanus, diphtheria and whooping cough require a "booster" as children get older. Students who do not have up-to-date immunizations can be excluded from attending school. Check with your child's health care provider or public health department for a current schedule. School nurses can provide a list of low-cost or free public immunization clinics for those without health insurance.

In case of emergency

Many schools now require students to have a physical exam before participating in a school sports program to determine if they have an underlying health condition that may preclude them from participation.

In the event of a natural disaster or a simple accident such as a sprained ankle, school staff need up-to-date contact information so parents can be reached as quickly as possible in case of emergency.

The nurse will see you now

School nurses work with parents and health care providers to develop and carry out individualized care plans for students with chronic health conditions, including asthma, type 1 diabetes and epilepsy.

Nurses also conduct screenings for vision, hearing, height and weight, and refer students to community resources as needed.

Check out the resources on the National Association of School Nurses website at www.nasn.org or click on the "Parenting Corner" on the American Academy of Pediatrics website, www.aap.org.

Smart Money

Making the right money moves to help pay for college

By Dianna Troyer

At Berea College in Kentucky, each of the 1,500 students receives a full-tuition scholarship for four years. For the 2009–10 academic year, tuition is valued at $25,500. The amount students pay for room, board and books varies, depending on family income, and is paid for with grants, loans, personal savings and on-campus jobs.

A handful of other colleges and U.S. military academies offer full tuition scholarships. A few years ago, several Ivy League universities started offering free tuition to qualified students from families with annual incomes of $60,000 or less.

But for most high school seniors, paying for college can be a daunting financial dilemma. The average annual price for tuition, room and board and books at public institutions was estimated at $11,578 and $29,915 at private institutions for the 2007–08 academic year, according to the U.S. Department of Education's most recent statistics. To pay for that, 66 percent of all undergraduates received some type of financial aid in 2007–08.

Financial aid resources

College can be affordable with grants, loans and scholarships. A comprehensive guide to help students prepare and pay for college is Peterson's StudentEdge at www.studentedge.com. You can register for free, and it also provides seasonal activities, depending on your grade level in high school, to prepare you for college, from taking practice ACT and SAT tests to providing financial aid and scholarship information.

Mark Kantrowitz, a national expert, offers tips on paying for college, being financially self-supportive during college and repaying loans after college.

The first step in applying for financial aid is to fill out the Free Application for Federal Student Aid, which can be found on the Internet at www.fafsa.ed.gov, and to talk to a financial aid officer. "The earlier the better," says Kantrowitz.

Parents can contribute to a 529 College Savings Plan or Coverdell Education Savings Account, which provide tax-deferred earnings to pay for college.

Scholarships

To supplement a parental contribution and personal savings, Kantrowitz advises students to apply for scholarships. He publishes two websites, www.finaid.com and www.fastweb.com, which maintain a large scholarship database and answer financial aid questions.

He suggests keeping information in folders or a notebook, knowing the deadlines and focusing on the detailed requirements of each scholarship.

"The more often you apply," Kantowitz says, "the greater your chances of winning a scholarship."

If you win several small scholarships, they add up.

Some kids shy away from scholarships that require an essay, but writing an essay is a good investment of time, because you can reuse the essays and tailor them to fit each scholarship application.

Unusual scholarships also are available. For example, a $3,000 scholarship is awarded to a student who designs the best prom outfit made of duct tape (www.stuckatprom.com). Other scholarships are awarded to students surviving cancer (www.finaid.org/cancer) or who have other health issues.

Many electric cooperatives often award scholarships, too.

Federal loans

When it comes to loans, Kantrowitz suggests borrowing from federal loan programs because the terms are better than private loans.

To earn money during college, he suggests part-time work-study, 15 hours a week or less, to pay out-of-pocket expenses. Summer internships sometimes provide a salary, and can lead to a full-time job after graduation.

Most students graduating with a four-year bachelor's degree have accumulated more than $20,000 in debt, Kantrowitz said. Lenders provide a repayment schedule and advise graduates who have trouble paying off a loan to contact them to discuss a deferment or relief program.

Kantrowitz reminds parents and students that college costs can be tax deductible. The Hope Scholarship Tax Credit provides a federal income tax credit of up to $2,500, while the Lifetime Learning Tax Credit allows up to $2,000 to be deducted per tax return.

Websites that offer financial aid advice

www.savingforcollege.com
www.studentloanborrowerassistance.org
www.projectonstudentdebt.org
www.collegeboard.com
www.ed.gov

Success in School Begins at Home

These seven tips will help your child develop positive learning habits

By Lori Russell

While most students spend thousands of hours in class by high school graduation, time out of class is important for learning, too. Here are some tips from the U.S. Department of Education to help your child make the most of that time:

Encourage an interest in reading

Start early by reading to your child. A few minutes several times a day spent reading together can help develop an interest in books.

Keep reading materials in the home that are appropriate for your child. Ask family members and friends to give books or magazine subscriptions as gifts or purchase them at used book or yard sales. Many used bookstores allow you to trade in materials your child has outgrown.

Introduce your child to the librarian at the local library and ask for a tour. In addition to books, libraries have magazines, DVDs, music CDs and online resources for children. Ask about book clubs, summer reading programs and author visits.

Show your child how reading is valuable for daily tasks such as reading directions, instructions, recipes and computer screens.

Talk and listen to your child

Children pick up language and social skills by listening and talking with others. Those who learn to listen carefully are better able to follow directions and pay attention in class. Kids who are encouraged to express their opinions and ask questions at home are likely to be more comfortable doing so at school.

Car rides are a great time to ask your child about projects, field trips or friendships at school. At the grocery store, discuss prices, brands and how to select fresh vegetables and fruit. As you fix a broken chair or stuck door, ask your child to hand you the tools you need. Describe the steps you take to repair the item.

Monitor homework

Set up a regular time and place for studying. Make sure your child has the right supplies before beginning an assignment. Remove distractions such as televisions, iPods and phones. Discourage telephone calls or texting during scheduled homework time.

Helping with homework does not mean doing your child's homework.

Do not expect perfection. Offer praise for a job well done and suggestions—rather than criticism—when needed.

Help your child become tech-savvy

Today's schoolchildren depend on computers and online resources for learning. Spend time together online and help your child to learn to locate appropriate websites for researching school projects. Encourage your child to develop keyboarding skills well before typing that first report.

Monitor screen time, whether it is in front of the television, computer, iPod, video game console or cell phone. If you can, watch TV and play video games with your child.

Encourage independence and responsibility

Work together to develop a reasonable schedule of household chores. Show your child how to set a goal, break it into steps and then tackle one step at a time. Offer a reward for achieving a goal.

Support active learning as well as quiet time

Children learn to explore their interests, solve problems and ask and answer questions through playing with friends, caring for a pet, fixing a flat bike tire, playing a sport, performing in a play or playing a musical instrument.

If your child has difficulty in school, get help

The solution to a child's difficulties in school may be as simple as a pair of glasses or some extra help developing reading or math skills.

Start by talking with your child's teacher. Along with other school professionals, teachers can assess whether a child has a learning disability that requires specialized help, or just needs more time and practice.

For more suggestions about helping kids succeed at school, go to www.ed.gov/print/parents/academic/help/suceed/part4.html

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I Remember...

Fridays were about getting our chores done, loading up the station wagon and Gracie Ellen. Gracie Ellen was Daddy's red fishing boat that we turned into a ski boat.

Gracie Ellen on Lake Gaston

In the 1970s and early 1980s when my sister and I were growing up, we had a hog operation in Halifax County. Since hogs insist on being fed every day, we couldn't go on vacation. Lake Gaston was only 12 minutes away, so our parents bought a trailer close to Camp Willow Run. This was our vacation.

I wish I had a dime for every kid Daddy taught how to ski or hydro slide. Sometimes someone would bring a huge inner tube and we would all take turns being snatched around the lake. With an inner tube attached to the back of the boat, Daddy would forget that we were his kids. All he cared about was throwing us off. Sometimes some poor nut would challenge Daddy saying he couldn't be thrown off. Let's just say we saw some amazing airborne feats over the years. No one every stayed on!

Daddy would stay in that boat for hours every weekend pulling, no doubt, hundreds of us kids (and adults). We never thought about how hot or tired he was, nor how much all that gas cost. But he never complained. I think he loved it. I know we did.

Wanda Garren, Lincolnton, Rutherford EMC

Our first bathing suits

When I was growing up in the western North Carolina mountains, we went swimming in the neighborhood creeks in summer. We were an all-girl family, and our neighbors included a few more girls. We would get together and clear the rocks from a deeper place in the creek and use the rocks to dam up the creek more. It was never deep enough for swimming but deep enough for splashing—and sometimes bathing. For this we wore whatever old clothes our mother would allow.

My sister Jane and I wanted real bathing suits. We were in our early teens (this was the mid-1930s). We heard through the local grapevine that a neighbor wanted someone to help him hoe corn and would pay 10 cents an hour, so we applied for the job. We worked off and on, when we could get away from chores at home.

Finally we had the princely sum of $2 each. We immediately ordered our bathing suits from the Sears, Roebuck catalog. They cost $1.98 each (no tax) and we had 4 cents to mail our letters. Postage at that time was only 2 cents.

We were so proud of those plain, black, tank-top bathing suits!

Frances Davis, Candler, Haywood EMC

My dad, James Leland "Miller" Huggins, and me at my uncle's house in Saluda.

Saluda days

My mother's brother's house in Saluda was only a block or so from downtown. I can remember in the 1940s, Mom's brother (last name Lawter) taking me down on Main Street. I'd sit on an old wooden bench and watch and listen to the old-timers tell stories and swap knives. I will be 70 in September, but I remember Dad fussing at me when we were taking this picture because I wasn't holding the fish right.

Michael Huggins, Gastonia, Rutherford EMC

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7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

This is my mother (Jheri Greene Wood) with her mother (Maggie Greene) in North Carolina.

Coast to coast

My mother was the youngest of 15 children, born in the mountains of North Carolina. Her father, looking for work, moved his wife and the youngest family members to Washington state to work in the lumber industry. Upon retirement, my grandparents moved back to North Carolina.

Many years later, my mother herself moved back to North Carolina in order to take care of her ailing parents. As her only child, I moved from Washington across country with her. At 8 years of age, I can remember the absence of a culture shock. We had moved from a small town in northern Washington, rich with forests, to the mountains of western North Carolina. Other than the amount of snowfall, they are very similar.

However, the beauty of this area has compelled me to stay and raise my own two little boys. As an adult, I have been back to visit Washington. I can truly say that I have seen the beauty of this country from coast to coast, but Carolina is my home.

Paula Tate, Morganton, Rutherford EMC

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32	11.99	11.64	14.35	12.16	20.91	18.29
33	11.99	11.64	14.57	12.38	21.35	18.73
34	11.99	11.64	15.01	12.60	21.35	19.16
35	12.08	11.73	15.44	12.82	21.35	19.60
36	12.16	11.81	16.10	13.48	22.23	20.48
37	12.25	11.99	16.54	14.13	23.54	21.35
38	12.34	12.08	17.41	15.01	24.85	22.66
39	12.43	12.25	18.29	15.88	26.60	24.41
40	12.51	12.43	19.16	16.98	28.35	25.73
41	13.21	12.86	19.82	17.63	30.10	27.04
42	13.91	13.30	20.48	18.29	32.29	28.79
43	14.88	13.91	21.57	19.16	34.91	30.98
44	15.84	14.53	22.44	20.04	37.98	33.16
45	16.89	15.23	23.54	21.13	41.04	35.35
46	17.33	15.58	25.07	22.23	44.10	37.54
47	17.76	16.01	26.82	23.54	47.16	40.60
48	18.38	16.54	29.01	25.07	51.10	43.66
49	18.99	17.15	31.41	26.82	55.48	47.16
50	19.69	17.76	34.04	28.57	60.29	51.10
51	21.09	18.99	36.66	30.32	65.54	54.16
52	22.66	20.30	39.73	32.07	71.23	57.23
53	24.59	21.96	43.23	34.48	78.23	61.16
54	26.60	23.71	47.16	36.88	86.10	65.54
55	28.88	25.73	51.54	39.73	94.41	70.35
56	30.98	27.04	56.13	43.01	103.16	77.35
57	33.34	28.44	61.38	46.73	113.66	85.23
58	36.23	30.19	67.94	51.32	125.91	95.29
59	39.29	32.11	74.73	56.13	139.04	105.35
60	42.70	34.21	82.38	61.60	153.91	117.16
61	46.90	37.19	90.91	69.04	170.98	128.10
62	51.54	40.51	100.54	77.35	190.66	140.79
63	57.40	44.71	112.57	87.85	214.29	156.54
64	63.53	49.09	125.04	98.79	239.66	172.73
65	70.44	53.99	139.26	111.04	268.10	191.10
66	78.40	58.36	153.91	119.13	297.85	210.79
67	87.41	63.26	170.54	128.32	331.54	233.10
68	98.53	69.30	191.10	139.48	373.54	260.66
69	110.25	75.69	212.54	151.51	417.29	289.54

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on the bookshelf

Hiking North Carolina's Blue Ridge Heritage

This new guide lists 66 day hikes, ranging in length from one to 13 miles. Each one includes clear maps and detailed directions, mileage and elevation gain, trail highlights, fees and hiking regulations, and adds books and movies related to each hike location. It also includes three auto tours with shorter walks. Throughout, author Danny Bernstein discusses the unique history of specific trails and hiking areas, from the origins of NASCAR in Stone Mountain's Wilkes County to Moses H. Cone's Flat Top Manor on the Blue Ridge Parkway. She tells hikers how they can follow the path of the Overmountain Men during the Revolutionary War, visit the fragile environment of Bat Cave Preserve in Hickory Nut Gorge, and walk beneath the monumental and controversial Linn Cove Viaduct. Bernstein is an Appalachian Trail end-to-ender and lives in Asheville. Published by Milestone Press in Almond. Softcover, 384 pages, $19.95.

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Moon Coastal Carolinas

With 24 detailed and easy-to-use maps, sights, activities, restaurants and accommodation recommendations, this updated guide helps travelers make the most of their time. "Moon Coastal Carolinas" contains trip ideas on beaches, golfing, historic parks and seaside dining in the Outer Banks; North Carolina's Central Coast; Wilmington and the Cape Fear Region; Myrtle Beach and the Grand Strand; and Charleston and South Carolina's Lowcountry. The book, written by former South Carolinian Jim Morekis, lists prime beaches for families, water sports and scenery, points to those with local character and provides a rundown on the best seafood dishes and historic lighthouses. The book also leads visitors to key African-American heritage sights and museums. Sample itineraries include a romantic getaway, a best-of tour, and a week-long natural adventure with recreational activities. Published by Avalon Travel in Berkeley, Calif. Softcover, 400 pages, $17.95.

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Faster Pastor

In this comic novel, Camber Berkley, a young stock car driver, wrecks his car on a winding mountain road, landing right in the midst of the funeral of an elderly NASCAR fan. As punishment for his spectacular car wreck, the local authorities of the small Tennessee town of Judas Grove give him a choice: serve three months in jail for reckless driving, or spend two weeks teaching the local ministers to drive stock cars, so that they can compete in a race whose prize is the $2 million legacy left by that deceased NASCAR fan. Novelist and Tar Heel native Sharyn McCrumb and NASCAR driver and Virginia native Adam Edwards co-wrote "Faster Pastor," published by Ingalls Publishing Group in Banner Elk. Hardcover, 302 pages, $23.95.

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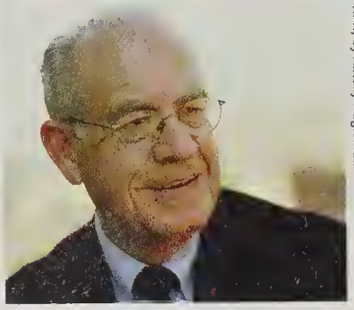


NPR, by Antony Naglemann

Getting To Know...

Carl Kasell

(Pronounced "castle")
Born: April 2, 1934, in Goldsboro
Known for: Veteran newscaster for National Public Radio's "Morning Edition"
Accomplishments: Carl Kasell's radio career spans more than 50 years. He played pretend disc jockey with his grandmother's wind-up Victrola in Goldsboro. As an actor in local theater at his high school, Kasell was mentored by Andy Griffith, and he majored in English at UNC-Chapel Hill. Before moving to the Washington, D.C., area in 1965, Kasell was morning DJ and newscaster at WGBR-AM in Goldsboro. He spent 10 years at radio station WAVA in Arlington, Va., and joined NPR in 1975 as a part-time newscaster for *"Weekend All Things Considered."* In 1996, Kasell was honored with the Leo C. Lee Friend of Public Radio News Award for lasting commitment to public radio journalism. In 2004, he was inducted in the North Carolina Journalism Hall of Fame. Kasell delivered his last NPR newscast last December but still works as the official scorekeeper for NPR's news quiz show, *"Wait Wait... Don't Tell Me!"* The prize offered to listener contestants is a recording of Kasell's steady, baritone voice for their personal telephone answering machines. His humorous messages have included renditions of "What's New, Pussycat?" "Oklahoma!" and "Fever."

NPR, by Antony Naglemann

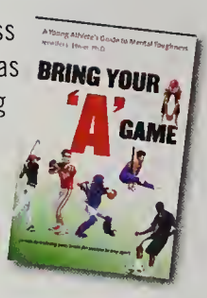
Future City competition for middle schoolers

Starting this fall, North Carolina's middle schoolers who participate in the Future City Competition will be asked to design a product or system for healthy living and wellness programs. Tasks include a research essay and a narrative. This year, for the first time, sixth graders are invited to join seventh and eighth grade students in the competition. The North Carolina regional competition culminates with the regional finals in January 2011, and the winning team will represent North Carolina at the national finals in Washington, D.C., in February. Grand prize winners receive a trip to U.S. Space Camp in Huntsville, Ala. "Students that participate in the Future City Competition gain not only invaluable mathematical, technical, writing and presentation skills; they gain skills applicable to real life," said Chris Kreider, North Carolina regional co-coordinator. "We encourage all middle schools across North Carolina to compete in this competition." Registration is in process and the deadline is Oct. 29. Now in its 19th year, the annual challenge has received national acclaim. For more, visit www.futurecity.org.

Students who won the national finals last winter were from Davidson IB Middle School in Davidson, N.C. (L to R; students in front) Emily Yue, engineer-mentor Dane Allen Horna, Luke Churchill, teacher Jay Durant Hager, and Ruth Swallow.

tar heel lessons
a guide to NC for teachers and students

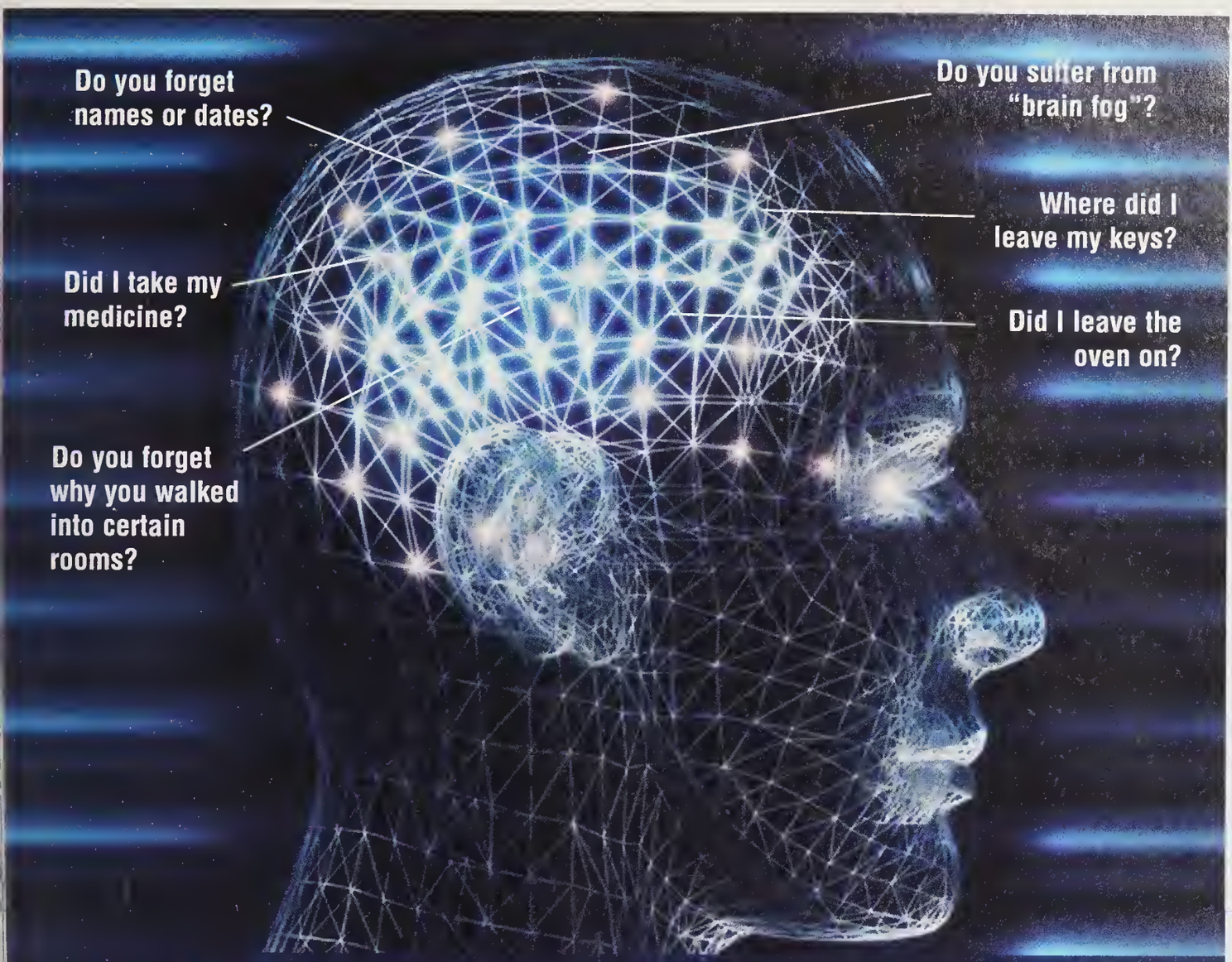
Mental strategies for athletes



Mental toughness is as important as physical training when it comes to success in sports. The new book "Bring Your 'A' Game" introduces young athletes to key strategies such as goal setting, pre-performance routines, confidence building, and imagery. Each of the 17 chapters focuses on a single mental skill, offers exercises and encourages readers to incorporate the skills into their daily lives. Author Jennifer L. Etnier is a former coach and kinesiology professor at UNC-Greensboro. Softcover, 216 pages, $16.95. (800) 848-6224 or www.uncpress.unc.edu

Click your mouse & plant a tree in NC!

Odwalla, a producer of outdoor-oriented snacks and drinks, has been sponsoring a national competition to give away money for trees for state parks. You can "vote" for a tree in North Carolina this month on its website until Aug. 15, unless Odwalla has already made their goal of 175,000 trees given away. Each vote equals $1 for purchasing trees. Go to www.odwalla.com/plantatree. You'll be asked to put in your birthdate and e-mail address, then you'll see a code to enter. Or, if you have a Facebook account, you can connect to your profile via Odwalla's website to plant a tree. At last check, more than 2,000 trees have been planted in N.C. this year through the program!


Do you forget names or dates?
Do you suffer from "brain fog"?
Where did I leave my keys?
Did I take my medicine?
Did I leave the oven on?
Do you forget why you walked into certain rooms?

WARNING: IS YOUR MEMORY FADING?

Breakthrough research reveals "forgotten moments" may be caused by "brain starvation"

Leading medical researchers reveal discovery that triggers body's own production of mental "superfuel" and may help memory loss caused by stress and age.

Millions of people are discovering that as they age, their short-term memory and mental sharpness are slipping. Once thought inevitable, medical research shows there is a way to boost memory, improve focus and restore mental sharpness.

Choline is one of the brain's most important nutrients Until now, it was believed that there was no way to produce this remarkable mental "super fuel". But after years of research & testing, microbiologists and brain researchers at the University of Carolina among others have developed a way to boost choline production.

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second thought... on a first line

"There are wolves in the next room waiting..."

poet Allen Tate

My teenage daughter has started dating.

-cgj

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		N	A		
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O	Y	A	G		

Galyon Depot in Greensboro is North Carolina's largest train station. Southern Railroad opened the station in 1927.

Fill in this grid so that each row, each column, and each 2 x 3 rectangle contains all six letters of the word GALYON.

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The Pundit's birthday invitation:

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b l c e c a i, n m r b u a t u n n c b i c s

Use the capital letters in the code clue below to fill in the blanks above.

"A C D E M N O P R S T Y" means
unscramble it

WORD

draw-wrap-pray

PLAY

1	MONROE
2	_ _ _ _ _ _
3	_ _ _ _ _ _
4	_ _ _ _ _ _
5	DURHAM

It is about 163 miles from Monroe to Durham by car, but only four steps in this puzzle. Your challenge is to change one letter in each step to spell a new word. Letters can be rearranged in any step. Your answer may be different from mine.

Whose Who?

"Who would you like to speak to?"
–"To whom would you like to speak?"
We're taught to know the difference,
though the difference to me is Greek.

Let us put "whom" into a tomb,
never to rise again.
for "whom" has been
the bête noire of
a multitude of men.

Whoever says "whomever,"
must know whereof they speak,
for they must know the difference,
though the difference to me is Greek

"Who's who," is right;
"whose who" is wrong;
When spoken, you can't tell it is.
So I won't stand corrected when
I silently think, "The hell it is!"

-cgj

For answers, please see page 35

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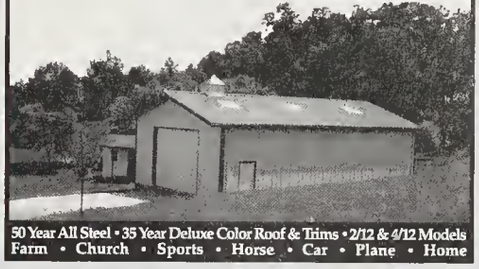

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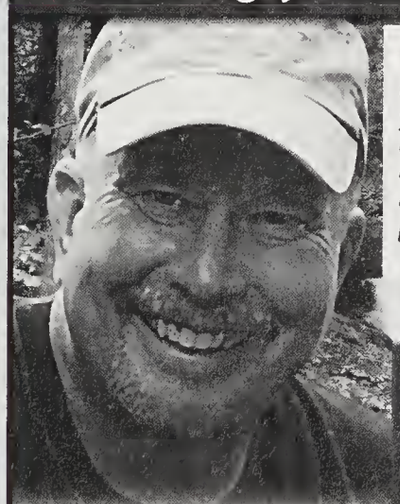

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By Annie Martin, Mountain Moss Enterprises

Go green with moss

Eco-friendly mosses provide viable horticultural solutions and year-round green appeal for shade gardens, green roofs, stone patios and even as moss lawns. Since mosses require no fertilizers, herbicides or pesticides, they have no negative impact on groundwater. Environmental benefits complement the aesthetic appeal of a serene moss garden. Mosses soothe the soul and bring a smile to your spirit.

From the mountains to the sea, you can establish a landscape of these ancient plants with a myriad of textures, shapes and shades of green. Over 450 million years old, mosses can enhance the beauty of any garden. You don't need to have a "green thumb" to grow green mosses. Following the horticultural guideline of "right place, right plant," you can create a verdant green patchwork that will provide delight throughout all seasons.

With over 600 types of bryophytes indigenous to North Carolina, there is a right moss for every place. Only a few bryophytes have common names like "Fern Moss," "Log Moss" or "Pincushion Moss". Therefore, moss references use scientific names like *Thuidium delicatulum*, *Hypnum curvifolium*, or *Leucobryum glaucum*. The elegance of these names hint of the miniature features of various mosses. Indeed, Thuidium delicatulum looks like tiny, delicate fern fronds.

Consider creating moss focal areas, using moss instead of mulch, "greening" your stone patios or walls, or converting grass into a moss lawn. First, assess your micro-environments. Using appropriate mosses for various sun exposures and different substrates is key. It is a myth that all mosses require shade. Many Carolina bryophytes tolerate partial shade and sun, and even direct sun.

Look around your place

As a novice, you might start with a shade moss garden which presents fewer challenges and certainly reduces your weeding chores. Look around the perimeter of your property for mosses that could be transplanted to your preferred location. If purchasing mosses, confirm plants have been legitimately harvested or propagated by a moss grower. Do not remove plants from public forests and parks. Native plant rescue groups exist around the Carolinas providing acquisition opportunities.

Don't be fooled by moss fakers which include: Spanish Moss (Bromeliad family), Reindeer Moss (lichen); Club Moss (lichopod); and Irish Moss or Scotch Moss (Vascular plants with roots and flowers).

To learn more

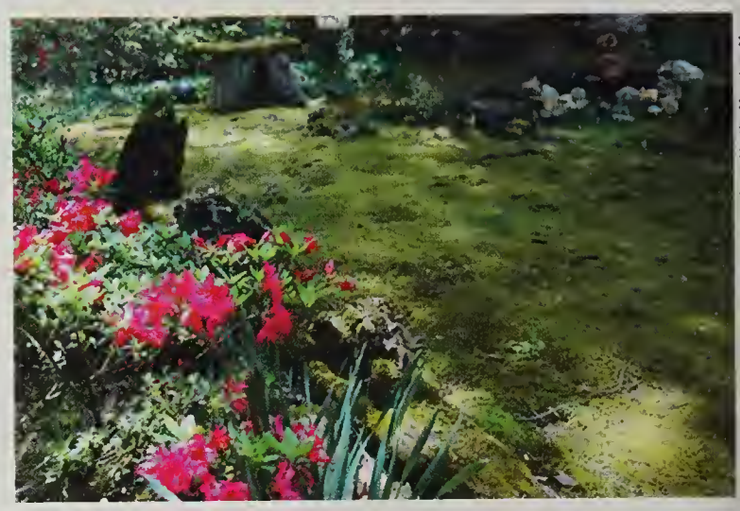
To learn more about mosses and native plant rescues:

www.mountainmoss.com

www.duke.edu/herbarium

www.ncwildflower.org

Unique botanical characteristics distinguish bryophytes from other plants. True mosses are nonvascular. Rhizoids rather than roots help connect them to soil or stones. Mosses have no flowers, and consequently no seeds either.



My moss garden in Pisgah Forest this spring showed colorful azaleas in contrast with the lush, verdant green of mosses.

Yet, their sporophytes do display brilliant reds, golds, and bronzes to complement their normal year-round green appearance.

Another unusual aspect of mosses is that their leaves have no cuticle and are only one cell layer thick. This characteristic enables mosses to derive their entire sustenance from rainfall and dust particles directly through the leaves.

Mosses and water

Adequate humidity, rainfall, and/or supplemental watering are key factors in maintaining a sustainable moss garden. Stress-tolerant mosses don't follow typical seasons like other vascular plants, even growing in freezing winter temperatures and seemingly unfavorable soils.

The appearance of bryophytes drastically changes based on moisture content. During low rainfall periods, provide additional drinks for thirsty mosses. Drenching soaks are rarely needed, just thorough spraying or misting regularly in late afternoon, especially on hot, dry days.

Periodically remove dead leaves with a blower, not a rake.

Before planting, clear intended space of any weeds or debris. Remove all mulch. A general rule for acid-loving mosses is pH 5.5. (Some bryophytes prefer limestone substrates and have different pH requirements.) Place mosses on hard-packed soil, inter-leafing edges of the pleurocarpus mosses (carpets) and huddling together acrocarpus types (mounds) for moisture retention.

Water thoroughly and walk on mosses every day for 2–3 weeks to help establish your mosses.

If you've chosen the right moss for the right place and provide consistent watering with occasional leaf removal and weeding, you can be successful in your efforts.

Annie Martin, known as "Mossin' Annie", is the owner of Mountain Moss Enterprises in Pisgah Forest, N.C., where she started her own moss garden over 10 years ago. Mountain Moss offers site consultations, moss garden installations, workshops and hikes throughout the Southeast. She is a Transylvania County Master Gardener Volunteer. She can be reached at mossinannie@gmail.com or by phone (828) 577-1321.

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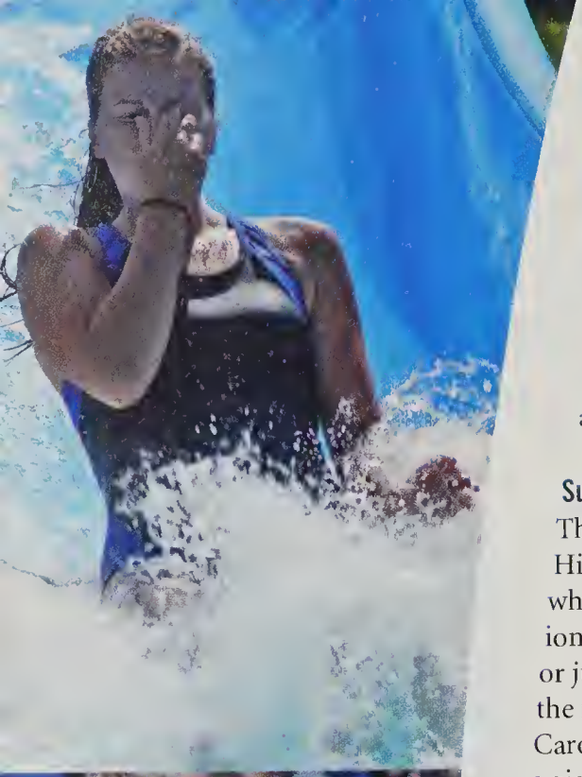

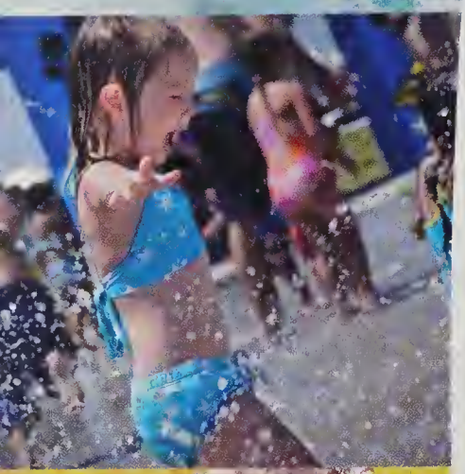

Hot enough for you?

Chill out (or get your thrill) at North Carolina water parks

When the August heat is on, there's no better place to cool off than in the water. And for kids and kids at heart, combining refreshing cold water with amusement park thrills is even better. In North Carolina, there are plenty of man-made watery attractions to enjoy:

Sun Crest Water Park, Taylorsville
This outdoor facility north of Hickory is an affordable day of fun, where visitors can enjoy an old-fashioned swinging rope and water slides, or just hang out, picnic and enjoy the relaxing scenery of the North Carolina foothills. Attractions include a giant, blue whale (a statue), with a big mouth kids like to explore. (828) 632-2731 or www.suncrestwaterpark.net

White Lake Water Park, Elizabethtown
Located about 30 miles east of Lumberton (and less than a mile from White Lake), this park's attractions include the Double Turbo Twister Slide and a 5,000-square-foot interactive wading pool. There is also a Bubble Bench where hydrotherapy jets will massage your back, a bumper boat pool and a lazy river. (910) 872-0035 or www.whitelakewaterpark.com

Wet 'n Wild's Emerald Pointe, Greensboro
The largest water park in the Carolinas offers 36 rides and attractions. Among the more frightening offerings is "Dr. VonDark's Tunnel of Terror," where riders experience a 40-foot drop, back-to-back vertical banks, and two high-speed 360 spins in complete darkness. There are also more tame options for smaller children. (800) 555-5900 (in N.C., S.C., or Va. only) or (336) 852-9721 or www.emeraldpointe.com

Carowinds' Boomerang Bay, Charlotte
Part and parcel of the Carowinds theme park straddling the N.C./S.C. border, this 20-acre water park has rollercoasters and live entertainment. Boomerang Bay includes a 34,000-square-foot wave pool, a 1,000-foot-long lazy river, and 11 waterslides, including the high-octane thrills of Pipeline Peak. (704) 588-2600 or www.carowinds.com

Fantasy Lake Water Park, Hope Mills
This six-acre man-made lake just south of Fayetteville has white sand beaches. The park includes volleyball courts, slides and a jump tower for thrill seekers, as well as pedal boats and porch swings for those looking to relax. (910) 424-9999 or www.fantasylakewaterpark.com

Jungle Rapids Family Fun Park, Wilmington
Located between Wilmington and Wrightsville Beach, the facility's water park includes a million-gallon wave pool, a half-pipe waterslide, and the "Jungle Rapids Super Bowl," a slide that winds riders 'round a giant bowl and down into a lazy river. Other park activities include Go Karts, laser tag, mini-golf, and an arcade. (910) 791-0666 or www.junglerapids.com

Roy's Splash Planet, Charlotte
Operated by the Mecklenburg County Parks and Recreation Department, this indoor, 117,000-gallon water park includes the three-story "Blue Comet" slide, a beach-like entry pool, and "Saturation Station," with four slides, interactive water play and a tumble bucket. (704) 432-4729 or www.charmeck.org/living/home.htm (Once you are on this government website, type in Ray's Splash Planet in the search field.)

Great Wolf Lodge and Resort, Concord
Bad weather is no problem at Great Wolf, where there are 19 slides, six pools, a lazy river, and a giant water fort indoors, as well as a 60,000-square-foot outdoor water park outdoors, weather permitting. Open only to lodge guests, who get free and exclusive admission to all the water park areas. There are games, an arcade, and a tech center for those who want to stay dry. (704) 549-8206 or www.greatwolf.com/concord/waterpark

August Events

The exhibit Scouting: 100 Years of Adventure is at the N.C. Museum of History in Raleigh through Sunday, Oct. 3. Visitors see items ranging from a 1910 Boy Scout uniform, a handbook and a cook kit to award-winning pinewood derby cars. There's also an interactive knot-tying station. (919) 807-7900 or http://ncmuseumofhistory.org.

ONGOING

urth Friday
yetteville
10) 483-5311
w.theartscouncil.org

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nday nights
ndersonville
8) 693-9708
w.historichendersonville.org

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sday nights
thage
0) 948-4897
w.liveatclydes.com

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y Helen Jones, Robbin Richardson
ugh Aug. 7, Wake Forest
) 570-0765
v.sunflowerstudiowf.com

Producers
ugh Aug. 15, Flat Rock
) 693-9708

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Comedy thriller play
Aug.19 through Sept. 12,
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(828) 693-0731

Ghosts Walking Tour
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New Bern
(252) 571-4766
www.ghostsofnewbern.com

Back Stage Tour
Through Aug. 20, Manteo
(252) 473-2127
www.thelostcolony.org

What Did Our Ancestors Wear?
Through Aug. 21, Kings Mountain
(704) 739-1019
www.kingsmountainmuseum.org

Views of The Southern Garden
Daniel Stowe Gardens
Through Aug. 22, Belmont
(704) 825-4490
www.dsbg.org

Art Show
Aug. 27 through Sept. 19,
Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Fabulous Feed Sacks Exhibit
Through Labor Day
Hayesville
(828) 389-1401
www.clayhistoryarts.org

Scouting: 100 Years of Adventure
Through Oct. 3, Raleigh
(919) 807-7900
http://ncmuseumofhistory.org

Bluegrass Music
Thursday nights through Oct. 15
Laurel Hill
(910) 844-3055

Cruise In
1st & 3rd Saturdays except Sept.
Through Oct. 16, Lenoir
(828) 493-3512
www.lenoircruisers.com

Coast Guard Art Collection
Through Oct. 18
Elizabeth City
(252) 335-1453
www.museumofthealbemarle.com

"Motoring the Blue Ridge Parkway"
Through June 2011, Maggie Valley
(828) 926-6266
www.wheelsthroughtime.com

2

Young Soldier Camp
James K. Polk Historic Site
Pineville
(704) 889-7145
www.polk.nchistoricsites.org

John Woodall Band
Monday Night Concert Series
Blowing Rock
(828) 295-5222
www.blowingrock.com

3

National Night Out
Elizabeth City
(252) 331-1453
www.museumofthealbemarle.com

Story Tales
Mount Airy
(336) 786-7998
www.surryarts.org

Charity Horse Show
Aug. 3–8, Blowing Rock
(828) 295-4700
www.blowingrockequestrian.com

4

Craft Show
Aug. 4–5, Buxton
(252) 441-1850

5

American Heroes Day
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Rodanthe
(252) 987-1552
www.chicamacomico.net

Swayback Sisters Concert
Black Mountain
(828) 669-2052
www.bmrecreation.com

Farmers Day
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firefighter challenge
Aug. 5–7, Robbins
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www.robbinsfarmersday.com

6

Swannanoa Shindigs
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Swannanoa Valley
(828) 337-4718
www.swannanoaShindig.com

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Statesville
(704) 878-3436
www.downtownstatesvillenc.org

Crafts Fair
Aug. 6–7, Burnsville
(828) 682-7413
www.mtmitchellcraftsfair.com

Mater Fest
Aug. 6-8, Canton
(828) 627-9771
www.focusoncanton.com

Quilt Show
Aug. 6–8, Asheville
(828) 665-2492
www.ncarboretum.org

7

Mayberry Nights
Troy, (704) 985-6987
www.biglickbluegrass.com

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www.beechmountainchamber.com

Fireman's Ball & Fundrais
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12

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Spindale
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www.foundationshows.org

13

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Pickin' On the Meadows
Lake Lure
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www.hickorynut.org

Balsam Range Band
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www.mountainlovers.com

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14

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www.townofscotlandneck.com

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www.polk.nchistoricsites.org

Fabric And Fiber Arts Festival
Horne Creek Farm
Pinnacle
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www.nchistoricsites.org/horne/horne.htm

Farm Day
Mountain Gateway Museum
Old Fort
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http://ncmuseumofhistory.org/osm/mgw.html

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www.nchistoricsites.org/wolfe/wolfe.htm

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www.nchistoricsites.org/alamance/alamanc.htm

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www.nchistoricsites.org/chb/chb.htm

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Beaufort
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www.ncmaritimemuseum.org

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www.nchistoricsites.org/bentonvi/bentonvi.htm

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www.nchistoricsites.org/capitol/default.htm

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Weaverville
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15

Concert in the Park
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www.blowingrock.com

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Albemarle Historic Roundtable
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www.museumofthealbemarle.com

Author Robert Hinson
Monroe
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www.union.lib.nc.us

16

John Woodall Band
Blowing Rock
(828) 295-5222
www.blowingrock.com

17

Shaving Horse Museum Class
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(336) 721-7300
www.oldsalem.org

19

Sen. Sam Ervin: Just a Country Lawyer
Blowing Rock
(828) 295-9099
www.blowingrockmuseum.org

Quilt Show
Aug. 19–20, Franklin
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www.smokymtnquilters.org

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(910) 483-5311
www.fayettevillemuseumart.org/fayetteville_after_five.html

20

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Red Hawks Gathered Nations
Pow Wow
Aug. 20-22, King
(336) 985-3837

21

Day With The Winemaker
Ronda
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www.raffaldini.com

Bluegrass
Mount Airy
(336) 786-7998
www.surryarts.org

Early American Spelling Bee
High Point
(336) 885-1859
www.highpointmuseum.org

Civil War Infantry
Aug. 21–22, Huntersville
(704) 875-2312
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24

Wine For The Arts
Waynesville
(828) 452-0593
www.haywoodarts.org

25

Bridge and Lunch With a View
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26

Hickory Nut Gorge Olympiad
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www.hickorynutolympiad.com

27

Personality Festival
Roxboro
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28

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CAROLINA COUNTRY adventures

Day Trip

Maggie Valley area

Panning for gold in one of the local gem mines was a favorite for my kids.

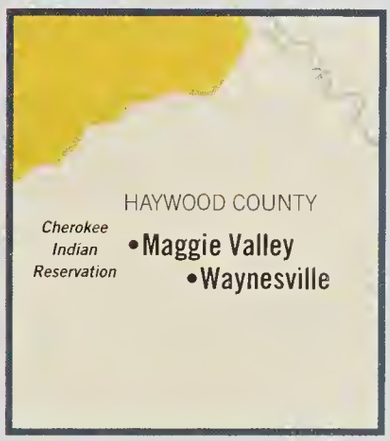
Breathtaking mountain views, engaging culture and plenty of kid-friendly attractions, that's what you find in the Maggie Valley area. This is a pick-your-own pace kind of place. From a lazy family tube ride down a river to a theme park on a mountain top, there are many options to choose from.

Just west of Maggie Valley is the **Cherokee Indian reservation.** If your kids like hiking and nature, I recommend the Mingo Falls. It's an uphill trek but an awe-inspiring view. Cherokee's cultural attractions range in price, but for a free look at Indian customs stop by one of the roadside stands and let your kids talk to a local face-to-face. The kids loved being a part of their traditions for a day.

East of Maggie Valley is **Waynesville**. We walked through downtown, and I was impressed that shop owners went out of their way to talk to the kids and to teach them something.

Panning for gold in one of the local gem mines was a favorite for my kids.

Cherokee Indian Reservation



Tip of the trip: Have older kids chew gum while driving through the mountains. Their ears will pop, although they may not notice with their eyes glued to the incredible scenery around them.

—Erin Sackett

Erin Sackett, a member of Wake EMC in Zebulon, writes the "Mom E and the Joyful 3" blog at www.whattoexpect.com.

For more information:

(800) 624-4431
www.maggievalley.org www.cherokee-nc.com
www.waynesville.com www.visitncsmokies.com

By Arnie Katz

How to consider what water heater to buy

Q: My neighbor's water heater died, and I'm guessing mine will go soon since our homes were built by the same builder at the same time, and we have the same water heater. I've done some research on the Internet, but the more I read the more confused I get. Tank or tankless heaters? Gas or electric? Solar? What's the best option for me?

As with so many of these things, the answer is "depends." Do you have access to natural gas? (Bottled gas—LP and propane—is generally much more expensive than natural gas.) How many people live in your house? Are any of them teenagers? Does your property get a lot of sun? Do you heat your house with a boiler? Do you want to do what makes the most financial sense in the long run or right now? Do you want to improve your environmental impact? All of these questions are important when considering replacing your water heater.

Usually, when the water heater stops working, you call someone highly recommended by the neighbor's third cousin's former boyfriend, who comes out and either fixes it or pronounces it dead. At that point, you've already been without hot water for a day or more, and your priority is to get it back as quickly as possible. For most of us, that means our choices are limited to what our plumber has available. Typically, they simply replace it with one of a similar size, or the next size up, "just to be sure."

The contractor wants to fix the issue and not get called back for the same reason. He knows you'll never call him later because your bills are too high—how would you know?—or because you're generating too many greenhouse gasses. This isn't necessarily because he doesn't care about these issues, but experience has taught him most of his customers don't care about these issues enough to be inconvenienced or pay more.

If you are willing to put up with a little inconvenience, or to pay more now to save money in the long run, you should do the research now and make some decisions, including who you'll call when the need arises. Waiting until the unit dies the night before your son's first date is not conducive to rational decision-making.

Applying the information you find online to your own situation can be difficult, especially since the formulas used to calculate even basic questions like how much hot water you need are based on national averages. There is a very good chance you are not the average. For instance, the formulas ask how many loads of laundry you might do in a one-hour period. On average, each load uses about 20 gallons of ho water, but maybe you recently purchased a new washing machine and can use cold water for all the washin Similarly, if you have water-saving shower heads and faucets, you'll use less than average. If you have people in the house who like to take long showers, you'll use more. Looking at average numbers is useful for getting in the right ballpark, but it's onl effective if you then apply those aver ages to your own situation.

A power-vented water heater.

Next month, we'll talk about questions to ask yourself when thinking about water heating.

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.or Send your home energy questions to editor@carolinacountry.com

Resources

The amount of information available on the Internet is both a blessing and a curse. With enough time and patience, you can educate yourself to make a sound decision, but sorting through so much information can be trying. The American Council for an Energy Efficient Economy site (www.aceee.org/Consumerguide/waterheating) has several good worksheets and other helpful information. The Energy Star site (www.energystar.gov) is also useful (click on "Products" and then various types of water heaters under "Plumbing"), but even on a good site you have to make sure the information actually applies to you.

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Sensational Tiramisu

- 1 package (8 ounces) reduced-fat cream cheese
- ⅔ cup confectioners' sugar
- 1½ cups reduced-fat whipped topping, divided
- ½ cup plus 1 tablespoon sugar
- 3 egg whites
- ¼ cup water
- 2 packages (3 ounces each) ladyfingers, split
- ½ cup boiling water
- 2 tablespoons Kahlua
- 1 tablespoon instant coffee granules
- ½ teaspoon baking cocoa

In a small bowl, beat cream cheese and confectioners' sugar until smooth. Fold in 1 cup whipped topping; set aside.

Combine ½ cup sugar, egg whites and water in a small heavy saucepan over low heat. With a hand mixer, beat on low speed for 1 minute. Continue beating on low over low heat until mixture reaches 160 degrees, about 7 minutes. Fold into cream mixture.

Arrange half ladyfingers in an ungreased 11-by-7-inch dish. Combine the boiling water, Kahlua, coffee granules and remaining sugar, brush half of mixture over ladyfingers. Top with half of cream cheese mixture. Repeat layers. Spread remaining whipped topping over the top; sprinkle with cocoa. Refrigerate for 2 hours before serving.

Crispy Chicken

- 1½ cups crisp rice cereal, coarsely crushed
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon dried thyme
- ¼ teaspoon poultry seasoning
- ¼ cup butter, melted
- 4 boneless skinless chicken breast halves (4 ounces each)

In a shallow bowl, combine cereal, flour and seasonings. Place butter in another shallow bowl. Dip chicken in butter, then roll in cereal mixture. Place in a greased 11-by-7-inch baking pan. Drizzle with remaining butter. Bake, uncovered, at 400 degree for 20–25 minutes or until a meat thermometer reads 170 degrees.

Yield: 4 servings

Fried Green Tomatoes

- ½ cup all-purpose flour
- 1 teaspoon sugar
- 1 teaspoon salt
- ¾ teaspoon cayenne pepper
- 1 egg
- 1 tablespoon fat-free milk
- 1 cup cornflake crumbs
- 4 medium green tomatoes, cut into ½-inch slices
- ¼ cup canola oil

In a shallow bowl, combine the flour, sugar, salt and cayenne. In another shallow bowl, beat egg and milk. Place cornflake crumbs in a third bowl. Pat green tomato slices dry. Coat with flour mixture, dip into egg mixture, then coat with crumbs.

In a large nonstick skillet, heat 4 teaspoons oil over medium heat. Fry tomato slices, four at a time, for 3–4 minutes on each side or until golden brown, adding more oil as needed. Drain on paper towels.

Place fried tomatoes on an ungreased baking sheet. Bake at 375 degrees for 4–5 minutes or until tender.

Yield: 6 servings

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From Your Kitchen

Snickers Pie

- 5 "fun-size" Snickers candy bars (or more to taste), chopped
- 1 package (8 ounces) cream cheese, softened
- 1 (16-ounce) Cool Whip, thawed
- 1½ cups confectioners' sugar
- 1–2 teaspoons vanilla extract
- ½ cup peanut butter
- 2 graham cracker pie crusts
- Hershey's chocolate syrup

Whip cream cheese and confectioners' sugar with mixer until smooth. Add Cool Whip, vanilla, peanut butter and chopped candy. Combine well with spoon or spatula. Pour into crusts. Refrigerate several hours. Garnish with chocolate syrup if desired before serving. Optional toppings: crushed peanuts, caramel ice cream topping, more chopped Snickers bars. Also can be frozen.

Frances Holder of Dobson, a member of Surry Yadkin EMC, will receive $25 for submitting this recipe.

Send Us Your Recipes

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